

# Fitness Class Schedule

## March 2023

### MONDAY

8:00 AM

Power Pump - Julie

9:30 AM

Ultimate X - Mary

10:45 AM

Vinyasa Yoga -  
Marie

12:00 PM

Chair Yoga Express  
- Marie

6:00 PM

Power Yoga -  
Victoria

### TUESDAY

5:00 AM

HIIT - Julie

8:00 AM

Circuit Training -  
Julie

9:15 AM

Gentle Stretch Yoga  
- Tara

10:30 AM

Body Sculpt - Mary

12:00 PM

Barre Xpress - Keri

### WEDNESDAY

8:00 AM

Functional Core -  
Julie

9:30 AM

Cardio Combat -  
Julie

10:45 AM

Slow Flow Yoga -  
Virginia

### THURSDAY

5:00 AM

Power Pump -  
Amanda

8:00 AM

Circuit Training -  
Julie

9:15 AM

Zumba - Katie

10:30 AM

Vinyasa Yoga - Tara

12:00PM

Barre Xpress - Keri

### FRIDAY

8:00 AM

Power Pump - Julie

9:15 AM

Body Sculpt - Mary

10:30 AM

Yogalaties - Katie

### SATURDAY

9:15 AM

Barre OR TRX  
(Check BCCC App)



**\*\* Be sure to sign up for all classes in the BCCC App\*\***

# BEAU CHÊNE

# Class Descriptions

## AQUA FIT

- Moderate intensity while being safe on joints.
- Focusing on toning and cardiovascular conditioning in the pool. (Summer months).

## BARRE

- A low-impact full body workout.
- Targets hips, thighs, abdominals and arms.

## BODY SCULPT

- A total body strength workout that incorporates compound functional movements with the use of light dumbbells and/or kettlebells.
- This class also incorporates stability, core, and balance exercises ending with abs & stretching.

## CARDIO COMBAT

- An energy-packed cardio class influenced by martial arts where you can jab, kick, and punch your way through a whole body workout. Expect to burn tons of calories and feel accomplished afterwards!

## CHAIR YOGA

- This is a gentle form of yoga that uses a chair for support.
- Focusing on strength, mobility, and balance.

## CIRCUIT TRAINING

- High volume (reps), low resistance (weight) workout with short rest intervals using the weight machines in the gym geared primarily at improving muscle tone and definition. This is a great compliment to what you do for cardio outside of class.

## FUNCTIONAL CORE

- Non-impact core training class involves a series of moves using your own body weight for resistance.
- Improves overall strength, flexibility, and endurance.

## GENTLE STRETCH YOGA

- A relaxing class geared towards improving flexibility.

## HIIT

- This High Intensity Interval Training class is a total body workout.
- This interval based class combines full body strength training with timed cardio bursts.

## POWER PUMP

- A fast-paced, barbell-based workout that is specifically designed to help you get lean, toned, and fit.
- A full body workout

## POWER YOGA

- This class emphasizes deep stretching and strength by using challenging poses.

## SLOW FLOW YOGA

- Meditative yoga class emphasizing peace and calm in body and mind.
- The poses will hold longer while taking several rounds of breath in each pose.

## TRX

- TRX (Total Resistance Exercise) is a suspension method that builds a strong core, strength, flexibility, and endurance.

## ULTIMATE X-TRAINING

- High-intensity class burns calories and increases your muscular endurance.
- Combines a various use of equipment , TRX , Bosu balls, Gliders, and free weights.

## VINYASA YOGA

- Deep stretching and strengthening for the abdominal, back and hip muscles with a consistent flow of movement.

## YOGALATES

- This class helps you develop core strength & stabilization (Pilates) and improve your flexibility, muscular strength, posture & alignment (Yoga).

## ZUMBA

- Zumba is a dance class that is choreographed to upbeat salsa and international music. It is a fun, high-energy workout that helps improve cardiovascular fitness while also enhancing balance, coordination and agility.