

GROUP EXERCISE

BLAIRWOOD GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLING 6:00-7:00am Steve	ADRENALINE 6:00-6:45am Erin A	CYCLING 6:00-7:00am Steve	ADRENALINE 6:00-6:45am Erin A	CYCLING 6:00-7:00am Steve	CYCLING 7:15-8:15am Steve	YOGA FOR ATHLETES 10:00-10:45am Susan A
AQUA AEROBICS 8:00-9:00am Pat	FITMIX 8:30-9:15am Christin A	AQUA AEROBICS 8:00-9:00am Pat	FITMIX 8:30-9:15am Christin A	AQUA AEROBICS 8:00-9:00am Pat	CYCLING 8:30-9:30am Steve	
LEAN RX 8:30-9:15am Amanda A	TREAD RX 9:30-10:00am Christin C	BODY BLAST 8:30-9:15am Rebecca A	TREAD RX 9:30-10:00am Christin C	BODY BLAST 8:30-9:15am Rebecca A	LEAN RX 8:45-9:30am Christin A	
20-20-20 9:30-10:30am Rebecca A	CORE FUSION 10:30-11:15am Rebecca C	20-20-20 9:30-10:30am Rebecca A	MAT PILATES 9:30-10:30am Linda A	YOGA 8:30-9:15am Lindsay C	YOGA 9:30-10:30am Shannon C	
YOGA 10:30-11:30am Rebecca A	EXPRESS CYCLING 12:00-12:30pm Chelsea	YOGA 10:30-11:30am Rebecca A	CORE FUSION 10:30-11:15am Rebecca C	TREAD RX 9:30-10:00am Christin C	TRX CORE 9:45-10:30am Steve A	
KICK BOXING 12:00-1:00pm \$ Carl A	HIIT IT & QUIT IT 5:45-6:30pm Diane A	TREAD RX 5:30-6:00pm Mandy C	EXPRESS CYCLING 12:00-12:30pm Chelsea			
CYCLING 5:30-6:30pm Steve	YOGA FLOW 6:30-7:30pm Kathy C	CYCLING 5:30-6:30pm Steve	METABOLIC MELTDOWN 6:00-6:30pm Laura A			
METABOLIC MELTDOWN 6:00-6:30pm Laura A		METABOLIC MELTDOWN 6:00-6:30pm Susan A	YOGA FLOW 6:30-7:30pm Kathy C			
		YOGA FOR ATHLETES 6:30-7:15pm Susan A	KICK BOXING 6:45-7:45pm \$ Carl A			

LTC GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLING 9:00-10:00am Deb	YOGA 9:00-10:00am Rebecca	MAT PILATES 8:30-9:30am Sherry	YOGA 9:00-10:00am Rebecca	CYCLING 9:00-10:00am Deb	STRENGTH 9:00-9:45am Rebecca	
CYCLING 6:00-6:45pm Kristen	YOGA 6:30-7:15pm Rebecca	CYCLING 9:00-10:00am Deb		FUNCTIONAL STRENGTH 10:00-10:30am Deb	YOGA 10:00-10:45am Rebecca	
		FUNCTIONAL STRENGTH 10:00-10:30am Deb				

CLASS DESCRIPTIONS

20-20-20 BW

Cover all the bases and get an all-around workout with this hour-long class consisting of 20 minutes strength + 20 minutes cycling + 20 minutes of stretch & yoga. ALL FITNESS LEVELS.

ADRENALINE BW

This High Intensity Interval Training class alternates intervals of 20 seconds on followed by 10 seconds off of intense anaerobic exercise for the most effective muscle-building and fat-burning workout. ALL FITNESS LEVELS.

AQUA AEROBICS BW

Low-impact water workout designed to improve flexibility, range of motion, muscle conditioning, and endurance. ALL FITNESS LEVELS, INCLUDING NON-SWIMMERS.

BODY BLAST BW

An intense fat-burning circuit class combining cardio and strength-training moves to increase your heart rate and boost your metabolism. ALL FITNESS LEVELS.

CORE FUSION BW

No impact exercise class that focuses on core strength for the ultimate full-body workout to tone, sculpt, strengthen core, and elongate the body. ALL FITNESS LEVELS.

CYCLING BW LTC

An upbeat and energetic cycling workout that burns calories and improves cardiovascular fitness. ALL FITNESS LEVELS.

EXPRESS CYCLING BW

A quick half-hour cycling workout that burns calories and improves cardiovascular fitness. ALL FITNESS LEVELS.

FITMIX BW

Full-body strength and conditioning class incorporating lots of intervals to keep both the class and you moving. We'll use cardio equipment such as the treadmill or elliptical, whichever participant prefers. ALL FITNESS LEVELS.

FUNCTIONAL STRENGTH LTC

Functional strength and mobility training to sustain strength and movement for everyday life. ALL FITNESS LEVELS.

HIIT IT & QUIT IT BW

Get your heart rate up with this calorie-burning workout that includes weights, strength, and core. HIIT It & Quit It is a very effective and powerful workout in a short amount of time. ALL FITNESS LEVELS. Class Limit: 10

KICK BOXING & SELF-DEFENSE BW **\$ CLASS FEE**

Small group training program designed to improve fitness, learn self-defense, and maintain a healthy body. You will learn basic & advanced techniques and a stretching regimen. ALL FITNESS LEVELS. \$15/member, \$18/non-member.

LEAN RX BW

This class is designed to provide training centered on building lean muscle mass while developing cardio endurance and strength. Perform a series of intervals using weights, bands, balls, and body weight to create a full-body calorie burn that lasts for hours after the class. No two classes are the same. ALL FITNESS LEVELS.

MAT PILATES BW

A dynamic, total body workout, putting a creative spin on 24 classical mat exercises developed by Joseph Pilates. We will also use equipment like the small ball, stretch bands, large stability ball and fitness circle. Strengthen abs & back, core, hips, thighs, and arms while improving flexibility, balance, and posture. ALL FITNESS LEVELS.

METABOLIC MELTDOWN BW

A quick and highly-effective workout consisting of 3-4 rotations of exercises designed to give the biggest bang for their buck. High energy exercise in a short period of time that delivers long after-burn of calories. ALL FITNESS LEVELS.

STRENGTH LTC

A strength-training class using weights and your own body weight to maximize strength and define muscles. ALL FITNESS LEVELS.

TRED RX BW

The piece of equipment that everyone loves to hate is now the center of this fun interval-based class that is different every time and guaranteed to be high energy and fun. ALL FITNESS LEVELS.

TRX CORE BW

Non-stop TRX class that uses gravity and body weight to develop strength, flexibility, and core stability simultaneously. ALL FITNESS LEVELS.

YOGA BW LTC

A system of flowing, breath-synchronized movements designed to improve overall physical and mental wellness. ALL FITNESS LEVELS.

YOGA FLOW BW

This feel-good Vinyasa yoga flow combines breath work with body movement. This class focuses on mindfully moving through a series of accessible yoga poses designed to build strength, mobility, and flexibility. Finish class with core-centric movements and a relaxing rest (sivasana). ALL FITNESS LEVELS.

YOGA FOR ATHLETES BW

Yoga combining core work and mobility designed to meet essential needs for an athlete's body. ALL FITNESS LEVELS.