



Complimentary Class Schedule

Effective: January 3rd

Schedule is subject to change. Please see www.bainbridgeathleticclub.com Group Fitness Page for updated class information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am Indoor **Cycling** Kevin	5:30 am Power Flow Yoga (level III) Mishabae	5:30 am Indoor **Cycling** Kevin		5:30 am Indoor **Cycling** Tony <hr/> 6:00 am Finding Ease (level I-II) Frank	7:30 am Indoor **Cycling** Kevin 90 min	
8 am Low Impact Cardio & Weights Carolyn	8:15 am Cardio Tennis Court # 4 (45 min) <hr/> 8:45 am Indoor **Cycling** Maureen D	8 am Low Impact Cardio & Weights Carolyn	8:45 am Indoor **Cycling** Shea	8:30 am Core Fusion Xpress Stephanie 30 min	8:15 am ZUMBA Ashley <hr/> 8:30 am Intermediate *Stott Pilates* Betsy (TS)	8 am Indoor **Cycling** Sarah <hr/> 8:15 am Cardio Tennis Court # 4 (45 min)
9:15 am Body Blast Maureen	9:45 am Power Yoga (level II-III+) Carrie	9:15 am Body Blast Maureen <hr/> 10:15 am Smart Start Jennifer	9:45 am Power Yoga (level II-III+) Carrie	9:15 am Cardio Blast Carolyn	9:30 am Yin Flow Yoga (level I-III) Mishabae 90 min	9 am Muscle Conditioning Sarah (TS) <hr/> 9:30 am Advanced Vinyasa Flow Yoga (level III) Kristy/Mishabae 90 min
10:30 am Vinyasa Flow Yoga (level I-II) Mishabae		10:30 am Yoga for the Rest of us (level I) Michelle		10:30 am Vinyasa Flow Yoga+ (level II-III) Kristy	11 am Smart Start Jacob <hr/> 11 am Boxing 101 Jake	
	12 pm Functional Fitness Jennifer O.	11 am Intermediate *Stott Pilates* Betsy (TS)	12 pm Functional Fitness Jennifer O.	11 am Intermediate *Stott Pilates* Betsy (TS)	12 pm Kendo Jake	
6 pm Vinyasa Flow Yoga (level I-II) Cathleen		6 pm Muscle Conditioning Sarah (TS)				
6:30 pm Indoor **Cycling** Ashley/Sarah for Suzanne	6:30 pm ZUMBA Ashley	6:30 pm Indoor **Cycling** Kevin for Suzanne		<p><u>Reminder: For your safety, please do not enter a class more than 10 minutes after it has started.</u></p> <p>See class descriptions on the reverse side of this schedule.</p> <p>(TS) = Training Studio off tennis viewing deck. Court # 4 = Tennis court out in the Barn All classes are 60 minutes unless otherwise noted.</p> <p>Each class is expected to maintain a minimum of 10 participants to remain on the schedule. Please vote with your feet. As always, your feedback is appreciated.</p>		
	6:45 pm Evening Flow Yoga (level I-II) Frank (TS)	6:45 pm Boxing 101 Jake <hr/> 7:30 pm Yin Yang Yoga (level II-III) Kristy (TS)	6:45 pm Evening Flow Yoga (level I-II) Frank (TS)			

*= Need to have taken Essentials series, 3 privates, or have instructor permission prior to taking class.

=If brand new to cycle, please arrive 15 min prior to start of class for proper bike fitting.

BAC Complimentary Group Exercise Class Descriptions

Badminton Drop In: Join us in the gym for a friendly game that is sure to bring back memories of youth. Bring your own racquet or we've got 4 to lend.

Body Blast: Feel the burn head to toe. You will work with various cardio and strength equipment to work yourself into the zone of no return. Expect to run, jump and to do plyometric exercises. Modifications are given by instructors. All levels welcome.

Boxing 101: This beginner boxing class will emphasize a variety of conditioning drills, footwork and punching techniques. This dynamic, full body, cardio intensive workout will improve your speed, power and endurance.

Cardio Blast: Medium-High intensity cardio workout (minimum 35 minutes of cardio) followed by core work, and bodyweight resistance exercises.

Cardio Tennis: Come join us for a workout that will burn 700-1,000 calories an hour! It's a fun and high energy way of working out and all levels can participate in this class. The main focus is to sweat and have fun! ALL BAC members (Fitness and Tennis) are welcome in this class.

Core Fusion Xpress: This quick 30 minute calorie burning class incorporates Pilates inspired exercises while using weights, balls, bands and BOSU for maximum whole-body toning (includes a full 15 min of solid ab work!).

Evening Flow Yoga : A class in which Hatha yoga postures are sequenced to allow a warm up and fluid flow movement from one asana to the next with options for beginners to experienced students. A pleasant way to end the day by creating more ease in the body and taking time to settle and feel poses. Level I—II

Functional Fitness: This is a total-body workout program for all individuals. This class combines aerobic, flexibility, and strength training in a positive, energizing environment.

Indoor Cycling: This class offers drills that incorporate speed work, intervals and simulated climbing. Training programs are designed to challenge the experienced rider while remaining suitable for both the recreational and novice rider.

Intermediate Pilates *Stott* For more challenge, mat work classes at the Intermediate level will take you through a dynamic, full-body workout that focuses on improving flexibility and core strength, with exercises that stretch and tone all muscle groups. Programming may vary from session to session to include, Stability Balls, Foam Rollers, Thera-Bands, and BOSU balls.

Kendo: Based on Samurai sword arts, this beginner level class will focus on creating fluid movements with the sword. We will also be conducting cardio intensive drills using quick, powerful, and efficient movements. All students will be provided with bamboo replica swords for practice.

Low Impact Cardio / Weights : Low impact on your joints, not in intensity of the workout. Perfect class for all who love the cardio benefits of athletic step and body sculpting with light weights. For all level of fitness.

Muscle Conditioning: This class focuses on muscular endurance to strengthen and define both the upper and lower muscles utilizing assorted resistance tools

Pickle Ball Drop In: Another activity you can play for a lifetime. This classic, that was invented right here on BI, is great fun and good cross training.

Power Yoga: Feel the heat in this dynamic and challenging flow class that blends several styles of yoga to balance mind and body, strength and flexibility, endurance and relaxation. While modifications are offered to ensure each student's safety and success, prior yoga experience is recommended. Level II –III +

Smart Start : Fitness Specialist led group orientation of all cardio and selectorized machines.

Yoga: Awaken-Flow-and-Go: The perfect start to a Friday morning, ending a work week or starting your weekend. We start quietly with 5 minutes of relaxation, start moving with Sun Salutations and flow into various asanas to build heat in the body. Core stability, balancing mobility and strength, and body alignment and the breath are integrated into a flowing sequence of postures for all levels. Each month will include a "theme" pose going a little deeper to develop a higher degree of connection and body awareness.

Vinyasa Yoga: A vinyasa practice that focuses on both the anatomical and energetic aspects of our midsection, including the gluteals and low back. We'll apply ancient and cutting edge wisdom to traditional poses and breath work for a practice that invigorates, strengthens and lengthens from the inside out. I –II

Vinyasa Flow Yoga: Balanced Hatha Yoga, breath and movement are synchronized within and between postures (Asana). Special attention is paid to alignment, lines of energy, bandha, and breathing techniques (Pranayama) Level I—II. (**Vinyasa Flow Yoga + = Level II-III**)

Yin Flow Yoga: The practice of yin yoga is performed to regulate the flow of energy in the body. Yin yoga primarily stretch the connective tissues in the hips, thighs and lower spine. Yin yoga asana practice is beneficial to wide variety of people. Level I –III

Ying /Yang Yoga: Long held poses in combination with active flow (Sun Salutations) ; breath and mediation focused.

Yoga w/ Weights A challenging class blending the disciplines of yoga with resistance training. Complete with modifications. Suited for the well seasoned practitioner. Level III+

ZUMBA: Ditch the workout and join in on the fun! Created by Bento Perez, a fusion of Latin dance with dynamic music that will get you in tip top cardio shape. No dance experience necessary.

Yoga levels:

Level I: offers the full Vinyasa Yoga sequence - with approx. 42 basic postures for 60 minutes. This class moves at a slower pace than a Level II class, but the pace is steady. The instructors offer the modified variations for all of the postures, and students are invited to work at their own levels. This class is the perfect next step for people who have completed the Intro series or for practitioners new to Vinyasa Yoga.

Level II: offers the full Vinyasa Yoga sequence moving through a quicker pace than Level I where modifications for all postures. These classes flow through the complete, traditional Vinyasa sequence including more challenging variations to each pose. Geared towards students who have some experience in regular Vinyasa yoga but is rewarding for experienced students as well.

Level III: is an Intermediate to advanced level faster-paced flow through the complete, traditional Vinyasa Sequence with challenging variations of the postures. Open to students who have a strong, regular practice or the well seasoned yoga student. Suited for the well conditioned and physically fit.

<http://bainbridgeathleticclub.com/highlights/group-exercise-schedule>