

BHRC GROUP FITNESS

OCTOBER Schedule

*All classes meet in either the Pool or Group Fitness room. Be sure to check in with your instructor!

Monday	6:00 am 8:30 am 9:00 am 9:30 am 10:15 am 3:45 pm 4:30 pm 5:30 pm 6:00 pm 6:00 pm 6:15 pm	WOD Water Fitness Yoga Water Fitness Chair Aerobics Core Spin STRONG 30 Water Fitness (Indoor) Master Swim (Outdoor) Yin Yoga	30 Minutes 60 Minutes 60 Minutes 60 Minutes 45 Minutes 30 Minutes 45 Minutes 30 Minutes 45 Minutes 90 Minutes 60 Minutes
Tuesday	5:50 am 9:00 am 10:00 am 9:30 am 4:30 pm 5:45 pm	Spin Yoga Basics Spin Water Yoga Mobility Body Combat	50 Minutes 50 Minutes 60 Minutes 60 Minutes 60 Minutes 60 Minutes
Wednesday	5:50 am 8:30 am 9:00 am 9:30 am 10:15 am 5:30 pm 6:00 pm 6:00 pm	GRIT Water Fitness Yogalates Water Fitness Tai Chi/Chi Gong Yoga Water Fitness (Indoor) Master Swim (Outdoor)	30 Minutes 60 Minutes 60 Minutes 60 Minutes 60 Minutes 60 Minutes 45 Minutes 90 Minutes
Thursday	5:50 am 9:00 am 10:00 am 9:30 am 11:30 am 5:45 pm	Spin Barre & Sculpt Spin Water Fitness Mindful Movement Body Combat	50 Minutes 60 Minutes 60 Minutes 60 Minutes 60 Minutes 60 Minutes
Friday	6:00 am 8:30 am 9:00 am 9:30 am 10:15am	WOD Water Fitness Yoga Water Fitness Chair Aerobics	30 Minutes 60 Minutes 60 Minutes 60 Minutes 45 Minutes
Saturday	9:00 am 10:00 am	Zumba Spin	60 Minutes 60 Minutes