

BHRC GROUP FITNESS

January Schedule

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

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