



BELLEVILLE HEALTH & SPORT CENTER

Group Exercise Schedule 1/3/18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT 5:30-6 AM TRX 6-6:45 AM Power Cut 6:45-7:45 AM Cycle Circuit 8:15-9AM Stretch 9-9:45 AM Flow & Go Yoga 9-10 AM (Court 10) Heavy Hitters 9-10 AM Power Cut 10-10:45 AM Classic Yoga 10- 11 AM (court 10) Rock Steady 1PM-2PM	HIIT 5:30-6:15 AM Indoor Cycling 6:30-7 AM Glutes & Abs 9-10 AM Cardio Step/Boxing 10- 10:30 AM Rock Steady 1PM-2PM	TRX 6-6:45 AM Power Cut 6:45-7:45 AM Indoor Cycling 9-9:30 AM Step Fusion 9-9:45 AM Stretch 9-9:45 AM Power Cut 9:45-10:45 AM Rock Steady 1PM-2PM	HIIT 5:30-6:15 AM Indoor Cycling 6:30-7 AM Fitness Fun 8:10-9 AM Glutes & Abs 9-10 AM Sampler 10-11 AM Rock Steady 1PM-2PM	TRX 7-7:45 AM Zumba Gold 8-8:30 AM Indoor Cycling 8AM-8:45AM Stretch 9-9:45 AM Barre Fusion 9-10 AM Classic Yoga 10AM-11AM Power Mix 10-10:40 AM Rock Steady 11:45AM-12:30PM	Tai-Chi 8:15-9:15 AM Cardio/ Power Cut 8:30AM-9:30AM	
TRX 4:30-5:15 PM Power Cut 5:30-6:30 PM	Circuit Training 4:30-5:30 PM HIIT 5:30-6:15 PM Cycle Circuit 5:30-6:15PM Box & Strength 6:30-7:30 PM	Barre Fusion 4:30-5:30 PM Cross Cut 5:30-6:15 PM Yoga 5:30-6:30 PM Tai-Chi 7-8 PM	Boxing Circuits 4:30-5:30 PM HIIT 5:30-6 PM Zumba 6PM-6:45PM			Zumba 2-3 PM

618-398-2778

1001 S. 74th STREET, BELLEVILLE, IL 62223

WWW.BHSC.INFO

Monday-Thursday 5am-10pm

Friday 5am-8pm

Saturday-Sunday 7am-6pm

Class Descriptions

- **Barre Fusion:** The class is a full body workout that concentrates on strengthening, lengthening and stretching the entire body. Each class combines ballet inspired moves with elements of pilates and yoga.
- **Circuit Training:** Rotate through various exercises in multiple stations that targets muscular and cardiovascular endurance and strength. Total body workout!
- **Fitness Fun:** Cardiovascular workout with the focus on play and fun. A variety of equipment will be used. Great for all levels of fitness.
- **Glutes & Abs:** Focusing purely on strengthening glutes and core muscles in this hour long class
- **Heavy Hitters:** Increase cardiovascular strength and striking power while improving coordination skills using the bags, weights, barbells and more
- **HIIT:** High Intensity Interval Training improving aerobic and anaerobic fitness.
- **Indoor Cycling:** Group cycling class using Keiser bikes. Increase aerobic endurance and capacity while climbing hills, sprinting and doing intervals. This cardio workout is for everyone!
- **Latin Step Fusion:** Combination of Step, strength & abs.
- **Power Cut:** Build strength and lean body mass in this weight training class.
- **Cycle Circuit** – Cycle on the bike and weights off the bike for a complete workout.
- **Stretch:** Increase flexibility and balance in this gentle and controlled class
- **Tai-Chi:** This graceful form of exercise involves a series of movements performed in a slow, focused manner and accompanied by deep breathing
- **Cross Cut-** High intensity functional movement and various elements from athletics & exercise combined in a group training setting. For healthy well-conditioned athletes and exercisers only.
- **Rock Steady** – Boxing class for those with Parkinson's Disease. Boxing, Strength, Circuits and More!
- **Sampler** – Barre Fusion, Fascia Rolling, Fitness Fun, Strength – Try it all!
- **TRX:** Using the TRX straps, build strength, flexibility and balance in this total body class
 - **Iron Circuit:** Total body conditioning using both the TRX and Kettlebells
- **Yoga:** Practice a group of physical, mental, health and wellness disciplines
 - **Classic:** Increase flexibility and balance through this gentle practice
 - **Power:** More intense and vigorous style of yoga
- **Zumba-** Fuse hypnotic Latin rhythms with easy to follow moves.
 - **Gold:** Active older adults who are looking for a modified *Zumba*® class that recreates the original moves you love at a lower-intensity
 - **Toning:** blend specific *Zumba*® moves and body sculpting techniques using maraca-like *Zumba Toning* Sticks for an intense strength-training experience