

## BELLEVILLE HEALTH & SPORTS CENTER

1001 S. 74th Street, Belleville IL 62221, 618-398-2778

[www.bhsc.info](http://www.bhsc.info)

### AEROBIC SCHEDULE

CLUB HOURS	
Monday	5:00 am - 10:00 pm
Tuesday	5:00 am - 10:00 pm
Wednesday	5:00 am - 10:00 pm
Thursday	5:00 am - 10:00 pm
Friday	5:00 am - 8:00 pm
Saturday	7:00 am - 6:00 pm
Sunday	7:00 am - 6:00 pm

CHILD CARE CENTER HOURS	
Monday	8:00am - noon 4:00pm - 8:00 pm
Tuesday	8:00am - noon 4:00pm - 8:00 pm
Wednesday	8:00am - noon 4:00pm - 8:00 pm
Thursday	8:00am - noon 4:00pm - 8:00 pm
Friday	8:00am - noon
Saturday	8:00am - noon
Sunday	Closed

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	TRX Nan **		TRX Nan **				
7:00 AM					TRX Nan **		
8:00 AM						TRX ** Theresa	
8:00 AM	55+ Step Cindy		55 Aerobic Cheryl		Zumba Gold Nan (30 min)	Tai- Chi Gary Court 10	
8:10 AM				Aerobic Play Micki			
8:15 AM							
8:30 AM					55+ Aerobic Cheryl (30 min)		
8:45 AM		Core Board Cardio Micki (30min)					
9:00 AM	Step Cheryl		Step Cindy (30min)	Power Cut Denise ( 60 min )	Zumba Nan/ Sheri	Step Varies	Step & Strength Gay Lynn (90 min)
9:00 AM	Stretch Cindy				Stretch Cheryl	Yoga Nicole Court 10	
9:15 AM		Hi/Lo Micki (30min)					
9:30 AM			Strength/Circuits Cheryl ( 30 min)				
9:45 AM		Zumba Deborah (45 min)					
10:00 AM	Power Cut Jessi (45 min)	Yoga Nicole Court 10		Yoga Nicole	TRX ** Marsha		
11:00 AM	Sit-Sizzle-Sweat Cheryl/Cindy (30 min)		Sit-Sizzle-Sweat Cheryl (30 min)		Sit-Sizzle-Sweat Cindy (30 min)		
2:00 PM							Zumba Deborah
4:15 PM	Power Cut Jessi						
4:30 PM			TRX Erin **				
5:30 PM	Cardio Mix Theresa (45 min)	Cardio Mix Theresa		Zumba Deborah (60 min)			
5:30 PM				Yoga Nicole Court 10			
6:00 PM			Step & Strength Gay Lynn ( 60 min )		Zumba Deborah		
6:15 PM	Step Gay Lynn(45 min)						
6:30 PM		Step Gay Lynn (60 min)					
7:00 PM	TRX Gay Lynn **		Tai Chi Gary (60 min)				

This schedule is effective January 1, 2012

\*\* Additional Fee Applies