

**BELLEVILLE HEALTH & SPORTS CENTER**  
**1001 S. 74th Street, Belleville IL 62223, 618-398-2778**  
[www.bhsc.info](http://www.bhsc.info)

**AEROBIC SCHEDULE**

<b>Monday through Thursday</b>		<b>CLUB HOURS</b>	<b>Monday through Thursday</b>		<b>CHILD CARE CENTER HOURS</b>	
<b>Friday</b>		5:00 am - 10:00 pm	<b>Friday</b>		8:00am - noon	4:00pm - 8:00 pm
<b>Saturday</b>		5:00 am - 8:00 pm	<b>Saturday</b>		8:00am - noon	
<b>Sunday</b>		7:00 am - 6:00 pm	<b>Sunday</b>		7:45am - 11:45am	
		7:00 am - 6:00 pm			Closed	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
5:30 AM	<b>Body Blast Cardio</b> Micki (30 min)	<b>Body Blast</b> Micki		<b>Body Blast</b> Rachel	<b>Body Blast</b> Stacie		
6:00 AM	<b>TRX</b> Micki		<b>TRX</b> Rachel				
6:45 AM	<b>Power Cut</b> Denise ( 60 min )		<b>Power Cut</b> Rachel ( 60 min )				
7:00 AM					<b>TRX</b> Marsha		
8:00 AM	<b>55+ Step</b> Cheryl T.		<b>55 + Aerobic</b> Cheryl T.		<b>Zumba Gold</b> Cheryl (30 min)		
8:10 AM				<b>Aerobic Play</b> Micki			
8:15 AM						<b>Tai-Chi</b> Gary	
8:30 AM		<b>"Hot" Training</b> Denise (30 min)			<b>55+ Aerobic</b> Cheryl T. (30 min)	<b>Body Blast</b> Rotating Instructors	
9:00 AM	<b>Stretch</b> Marsha Court 8		<b>Stretch</b> Cheryl T. Court 10		<b>Stretch</b> Cheryl T. Court 10		
9:00 AM	<b>Classic Yoga</b> Julie Court 10						
9:00 AM	<b>Box-N-Bags</b> (60 min) Stacie	<b>Great Glutes Awesome Abs</b> Denise (60 min)	<b>Latin Step Toning</b> Sheri (30 min)	<b>Power Cut</b> Denise ( 60 min )	<b>Zumba</b>  Sheri	<b>Power Cut</b> Rotating Instructors (30 min)	
9:30 AM			<b>Glutes &amp; Abs</b> Sheri ( 30 min )				
10:00 AM	<b>Power Cut</b>  Denise (45 min)	<b>Zumba</b>  Cheryl		<b>Zumba Toning</b> Sheri ( 50 min )	<b>Express Power Cut</b>  Marsha ( 30 min )		
10:00 AM	<b>Power Yoga</b> Julie Court 10			<b>Yoga</b> Julie Court 10			
11:00 AM	<b>SilverSneakers®</b> Classic		<b>SilverSneakers®</b> Classic		<b>SilverSneakers®</b> Classic		
2:00 PM							<b>Zumba</b> Katrina
3:00 PM	<b>SilverSneakers®</b> Classic						
3:45 PM			<b>SilverSneakers®</b> Classic				
4:30 PM	<b>TRX</b> Erin	<b>Circuit Training</b> Marsha (60 min)	<b>Barre Fusion</b> Julie	<b>Box-N-Bags</b> Stacie			
5:30 PM	<b>Power Cut</b> Theresa (60 min)		<b>Box/Step/Strength</b> Stacie (60 min)	<b>Extreme Body Blast</b> Stacie ( 45 min )			
5:30 PM			<b>Yoga</b> Julie Court 10	<b>Treadmill Shred</b> Stacie (45 min)			
5:45 PM		<b>Body Blast</b> Theresa (45min)					
6:30 PM		<b>Power Cut Express</b> Rachel (30 min )					
7:00 PM			<b>Tai-Chi</b> Gary				

This schedule is effective October 14, 2016