



BELLEVILLE HEALTH & SPORT CENTER

Group Exercise Schedule 5/21/18

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) Knock Out 30 Boxing 9-9:45 AM Glutes & Abs 10-10:45 AM Classic Yoga 10- 11 AM (court 10)	Knock Out 30 HIIT 5:30-6:15 AM Indoor Cycling 6:30-7:15AM Power Cut 9-10 AM Knock Out 30 Boxing 10- 10:30 AM	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 Knock Out 30 Power 10-10:30 AM	HIIT 5:30-6:15 AM Indoor Cycling 6:30-7 AM Fitness Fun 8:10-9 AM Power Cut 9-10 AM	TRX 7-7:45 AM Indoor Cycling 8AM-8:45AM Stretch 9-9:45 AM Barre Fusion 9-10 AM Classic Yoga 10AM-11AM Knock Out 30 Power 10-10:40 AM	Tai-Chi 8:15-9:15 AM Knock Out 30 Instructors Choice 8:30-9AM Power Cut 9-9:30AM	
TRX 4:30-5:15 PM Power Cut 5:30-6:15 PM Knock Out 30 HIIT 6:30-7PM	Circuit Training 4:30-5:30 PM Knock Out 30 Cardio 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 Knock Out 30 Bootcamp 5:30-6:15 PM Yoga 5:30-6:30 PM Tai-Chi 7-8 PM	Boxing Circuits 4:30-5:30 PM Knock Out 30 Bootcamp 5:30-6 PM Zumba 6PM-6:45PM			Zumba 2-3 PM

618-398-2778

1001 S. 74th STREET, BELLEVILLE, IL 62223

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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
- **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!
- **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
- **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.
- **Boxing Circuits** – Put on your boxing gloves and get ready to punch, kick, jumping jacks, step, core board and more. Great cardiovascular workout.
- **Knock Out 30** – 9 Rounds of intense work. Burn massive calories, relieve stress, increase energy, improve sleep and much more. Formats include Boxing, Kick Boxing, Boot Camp, HIIT, Cardio and Power. Get a great workout in just 30 minutes. All levels of fitness are welcome. (Some classes are 45 minutes in length.)