



# BELLEVILLE HEALTH & SPORT CENTER

## Group Exercise Schedule 4/9/18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>HIIT</b> 5:30-6 AM <b>TRX</b> 6-6:45 AM <b>Power Cut</b> 6:45-7:45 AM  <b>Cycle Circuit</b> 8:15-9AM  <b>Stretch</b> 9-9:45 AM <b>Flow &amp; Go</b> <b>Yoga</b> 9-10 AM (Court 10) <b>Knock Out 30</b> <b>Boxing</b> 9-9:45 AM <b>Glutes &amp; Abs</b> 10-10:45 AM  <b>Classic Yoga</b> 10- 11 AM (court 10)	<b>Knock Out 30</b> 5:30-6:15 AM  <b>Indoor Cycling</b> 6:30-7:15AM  <b>Power Cut</b> 9-10 AM  <b>Knock Out 30</b> <b>Boxing</b> 10- 10:30 AM	<b>TRX</b> 6-6:45 AM  <b>Power Cut</b> 6:45-7:45 AM  <b>Indoor Cycling</b> 9-9:30 AM  <b>Step Fusion</b> 9-9:45 AM  <b>Stretch</b> 9-9:45 AM  <b>Knock Out 30</b> <b>Power</b> 10-10:30 AM	<b>HIIT</b> 5:30-6:15 AM  <b>Indoor Cycling</b> 6:30-7 AM  <b>Fitness Fun</b> 8:10-9 AM  <b>Power Cut</b> 9-10 AM  <b>Knock Out 30</b> <b>HIIT</b> 10-10:30 AM  <b>MFR-Foam</b> <b>Rolling</b> 10:30-11AM	<b>TRX</b> 7-7:45 AM  <b>Indoor Cycling</b> 8AM-8:45AM  <b>Stretch</b> 9-9:45 AM  <b>Barre Fusion</b> 9-10 AM  <b>Classic Yoga</b> 10AM-11AM  <b>Knock Out 30</b> <b>Power</b> 10-10:40 AM	<b>Tai-Chi</b> 8:15-9:15 AM  <b>Knock Out 30</b> <b>Instructors</b> <b>Choice</b> 8:30-9AM  <b>Power Cut</b> 9-9:30AM	
<b>TRX</b> 4:30-5:15 PM  <b>Power Cut</b> 5:30-6:15 PM  <b>Knock Out 30</b> <b>HIIT</b> 6:30-7PM	<b>Circuit</b> <b>Training</b> 4:30-5:30 PM <b>Knock Out 30</b> <b>Cardio</b> 5:30-6:15 PM <b>Cycle Circuit</b> 5:30-6:15PM <b>Box &amp;</b> <b>Strength</b> 6:30-7:30 PM	<b>Barre Fusion</b> 4:30-5:30 PM  <b>Knock Out 30</b> <b>Bootcamp</b> 5:30-6:15 PM  <b>Yoga</b> 5:30-6:30 PM  <b>Tai-Chi</b> 7-8 PM	<b>Boxing</b> <b>Circuits</b> 4:30-5:30 PM  <b>Knock Out 30</b> <b>Bootcamp</b> 5:30-6 PM  <b>Zumba</b> 6PM-6:45PM			<b>Zumba</b> 2-3 PM

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[WWW.BHSC.INFO](http://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
- **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.)
- **MFR – Foam Rolling** – Myofascial release using foam rollers. Great for relaxation and stretch. Must be able to sit/lay on the floor.