



BELLEVILLE HEALTH & SPORTS CENTER

Group Exercise Schedule Starting 10/12/20



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>TRX 5:30-6:15 AM (Jessica)</p> <p>62+Step 8-8:45 AM (Cheryl)</p> <p>Cycle Circuit 8:15-9 AM (Marsha)</p> <p>Stretch 9-9:45 AM (Marsha)</p> <p>Barre Fusion 9-10 AM Court 10 (Julie)</p> <p>Yoga 10- 11 AM Court 10 (Julie)</p> <p>Silver Sneakers 11-11:30 AM (Cheryl)</p>	<p>PIYO 5:30-6:15 AM (Lisa)</p> <p>Indoor Cycling 6:30-7:15 AM (Micki)</p> <p>TRX Yoga 7:30-8:15 AM (Jessica)</p> <p>Power Cut 9-10 AM (Denise)</p> <p>Rock Steady 11-12 PM (Denise, Theresa, Marsha)</p>	<p>TRX 5:30-6:15 AM (Jessica)</p> <p>Yoga 7-7:45 AM Court 10 (Jessica)</p> <p>62+ Cardio Fit 8-8:45 AM (Cheryl)</p> <p>Indoor Cycling 9-9:30 AM (Marsha)</p> <p>Stretch 9-9:45 AM (Cheryl)</p> <p>Silver Sneakers 11-11:30 AM (Cheryl)</p>	<p>HIIT 5:30-6:15 AM (Micki)</p> <p>Indoor Cycling 6:30-7 AM (Micki)</p> <p>TRX 7-7:45 AM (Marsha)</p> <p>Power Cut 9-10 AM (Denise)</p> <p>Rock Steady 11-12 PM (Denise, Theresa, Marsha)</p>	<p>Indoor Cycling 8AM-8:45 AM (Micki)</p> <p>62+ Fit 8-8:45 AM (Cheryl)</p> <p>Stretch 9-9:45 AM (Cheryl)</p> <p>Barre Fusion 9-10 AM (Julie)</p> <p>Yoga 10-11 AM (Julie)</p> <p>Boxing Conditioning 10-10:30 AM (Marsha)</p> <p>Silver Sneakers 11-11:30 AM (Cheryl)</p>	<p>Tai-Chi 8-9 AM (Gary)</p> <p>TRX Yoga 9-9:45 AM (Jessica)</p>	
<p>TRX 4:30-5:15 PM (Jessica)</p> <p>Yoga 5:30-6:15 PM Court 10 (Jessica)</p> <p>Power Cut 5:30-6:15 PM (Theresa)</p> <p>ZUMBA 6:30-7:15 PM (Katrina)</p>	<p>Boxing-Strength-Conditioning 4:30-5:30 PM (Marsha)</p> <p>TRX 5:30-6:30 PM (Theresa)</p>	<p>Yoga 5-6 PM (Julie)</p> <p>Power Cut/Strength 5:30-6:30 PM (Kate)</p>	<p>Power Cut/Strength 4:30-5:15 PM (Kate)</p> <p>PIYO 5:30-6:15 PM (Lisa)</p>			

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.
- **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!
- **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
- **TRX Yoga:** Advance your TRX Suspension Training knowledge and skill set with yoga inspired movements that emphasize mobility, stability and strength. TRX has your back by supporting you through challenging poses making them more accessible for the beginner or advanced student. Leave class feeling confident, empowered and uplifted!
- **Yoga:** Practice a group of physical, mental, health and wellness disciplines
 - Classic: Increase flexibility and balance through this gentle practice
- **Boxing –Strength-Condition** – Put on your boxing gloves and get ready to punch, kick, jumping jacks, step, core board and more. Great cardio & strength workout.
- **Rock Steady Boxing** – Designed for Parkinson’s Disease members to train in boxing, balance, stretch and to incorporate coordination of all exercises.
- **PIYo:** Pilates and yoga inspired full-body workout. Incorporates strength, balance, cardio and flexibility. No equipment needed.
- **ZUMBA:** Fuse hypnotic Latin rhythms with easy to follow moves.

Belleville Health & Sports Center
1001 S. 74th Street, Belleville, IL 62223
618-398-2778

Monday – Thursday 5AM-9PM

Friday 5AM-7PM

Saturday/Sunday 7AM-3PM