

# BELLEVILLE HEALTH & SPORT CENTER

## Group Exercise Schedule - 10/16/17

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> 8:15AM-9AM  <b>Stretch</b> 9-9:45 AM  <b>Flow &amp; Go Yoga</b> 9-10 AM (Court 10)  <b>Heavy Hitters</b> 9-10 AM  <b>Power Cut</b> 10-10:45 AM  <b>Classic Yoga</b> 10- 11 AM  <b>Rock Steady</b> 1PM-2PM	<b>HIIT</b> 5:30-6:15 AM  <b>Indoor Cycling</b> 6:30-7:15AM  <b>Glutes &amp; Abs</b> 9-10 AM  <b>Cardio Step/Boxing</b> 10-10:30AM  <b>Rock Steady</b> 1PM-2PM	<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> 9-10 AM  <b>Stretch</b> 9-9:45 AM  <b>Power Cut</b> 9:45AM-10:45AM  <b>Rock Steady</b> 1PM-2PM	<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>Glutes &amp; Abs</b> 9-10 AM  <b>Sampler</b> 10-11AM  <b>Rock Steady</b> 1PM-2PM	<b>TRX</b> 7-7:45 AM  <b>Zumba Gold</b> 8-8:30 AM  <b>Indoor Cycling</b> 8-8:45AM  <b>Stretch</b> 9-9:45 AM  <b>Zumba</b> 9-10 AM  <b>Power Mix</b> 10-10:40 AM  <b>Rock Steady</b> 11:45AM-12:30PM	<b>Tai-Chi</b> 8:15-9:15 AM  <b>Heavy Hitter/HIIT</b> 8:15-9 AM  <b>Power Cut</b> 9-9:30 AM	
<b>TRX</b> 4:30-5:15 PM  <b>Power Cut</b> 5:30-6:30 PM	<b>Circuit Training</b> 4:30-5:30 PM  <b>Indoor Cycling</b> 5:30-6:15 PM  <b>HIIT</b> 5:30-6:30 PM  <b>Box &amp; Strength</b> 6:30-7:30PM	<b>Barre Fusion</b> 4:30-5:30 PM  <b>CrossCut</b> 5:30-6:15 PM  <b>Yoga</b> 5:30-6:30 PM  <b>Tai-Chi</b> 7-8 PM	<b>Boxing Circuits</b> 4:30-5:30PM  <b>HIIT</b> 5:30-6PM  <b>Zumba</b> 6-6:45PM			<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
  - **Heavy Hitters:** Increase cardiovascular strength and striking power while improving coordination skills using the bags, weights, barbells and more
    - **Shred:** Cardio drills using the step, treadmills and bags
  - **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!
  - **Cycle Circuit:** Cycle on the bike and weights off the bike for a complete workout.
  - **Power Cut:** Build strength and lean body mass in this weight training class.
  - **Power Mix:** Strength train using a variety of equipment and formats. TRX, Coreboard, Tabata, Mat Pilates and more! Improve your overall fitness.
  - **Step/Step Fusion:** Combination of Step, strength and abs
  - **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
  - **Yoga:** Practice a group of physical, mental, health and wellness disciplines
    - **Classic:** Increase flexibility and balance through this gentle practice
    - **Flow & Go:** Vinyasa style where movement is synchronized with the breath. Smooth transitions with constant movement. (Classes on Court 10)
  - **Zumba-** Fuse hypnotic Latin rhythms with easy to follow moves.
    - **Gold:** Active older adults who are looking for a modified *Zumba®* class that recreates the original moves you love at a lower-intensity
- Rock Steady** – Boxing class for those with Parkinson’s Disease. Boxing, Strength, circuits and more!
- Sampler** – Barre Fusion, Fascia Rolling, Fitness Fun, Strength – Try it all out!
- CrossCut** – High Intensity functional movement and various elements from athletics & exercise combined in a group training setting. For healthy, well-conditioned athletes and exercisers only.