






# BELLAIRE FITNESS CLASS SCHEDULE

*\*Effective August 2022\**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am	 Jamie / A		 Jamie / A			
8:15 am	<b>TEMPLE TONERS</b> Robin D / B	<b>SPIN</b> Alexa / B (45min)	<b>TEMPLE TONERS</b> Robin D / B	<b>SPIN</b> Alexa / B (45min)	<b>TEMPLE TONERS</b> Robin D / B	
8:15 am	<b>CARDIO SCULPT</b> Alexa / A					
8:30 am			<b>BUTT &amp; GUT</b> Kat / A (45min)		<b>CARDIO SCULPT</b> Kat / A (45min)	<b>BOOTY CAMP</b> Melanie / B (45min)
9:30 am	<b>YOGA</b> Robin D / B		<b>YOGA</b> Robin D / B		<b>YOGA</b> Robin D / B	<b>YOGA</b> Robin D / B
4:30 pm		<b>RIP</b> Kat / A				
5:00 pm	<b>BUNS &amp; GUNS</b> Robin E. / A		<b>BODY BLITZ</b> Robin E. / A			
5:15 pm				<b>BOOTY CAMP</b> Melanie / A		
5:30 pm				<b>SPIN</b> Mary / B (45min)		
5:30 pm	 Mary / B (45min)	<sup>*5:45pm</sup>  Melanie / A		<sup>*5:45pm</sup>  Melanie / A		
6:00 pm		<b>SPIN</b> Marti / B (45min)				

## **CLASS DESCRIPTIONS**

**CARDIO SCULPT** - Cardio & muscle sculpting exercises combined to promote weight loss and overall toning.

**TEMPLE TONERS** - A full body, low impact workout designed to uplift your body along with your spirit. From the music to the cool down, guaranteed to get your day off to a great start!

**BOOTY CAMP**- Glute and Core focused exercises dedicated to toning and strengthening the muscles with high energy, resistance and body weight training.

**RIP** – A combination of cardio & muscle sculpting exercises to promote weight loss and overall toning.

**SPIN** - Using special stationary bikes you will increase endurance, a typical class will start with a warm-up followed by a series of aerobic moves referred to as lifts and climbs. You will be guided to pedal at different speeds, with intervals of riding standing and sitting, and end with a cool down.

**GROUP POWER**- It's *YOUR HOUR OF POWER!* Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! *POWER UP!*

**WAR (30min)** – *Warriors Armed & Ready!* It's not just a class, its WAR... on obesity and inactivity! WAR gets you off the couch, out of your office, and into an exhilarating total body workout where a fusion of martial arts meets chart-topping music. Lace up and be prepared to kick fat cells in the gut, knockout stress, and win the WAR on gaining strength and becoming a fitter YOU! BECOME A WARRIOR!

**ZUMBA**- This class is a Fusion of hypnotic Latin rhythms and easy-to-follow moves. This is an exciting hour of calorie-burning, body-energizing movements meant to help you reach your long term fitness goal!

**BUTT&GUT/BUNS&GUNS**- A workout designed to specially target the glute, legs, core, and arm muscles. Our workouts will help tone, tighten, and accent these crucial areas of your physique for that firm and strong body you've always dreamed of – you won't be disappointed.

**YOGA**- Create energy and balance in the body by developing both strength and flexibility. Deepen your awareness of your body and performance by moving through various poses and postures.

**BODY BLITZ** – 60 minutes of calorie burning and strength training endurance. BB will use a variety of equipment to help shape, tone and challenge your entire body. It will transform you from head to toe.



**BFC Hours:** MON-THURS 5:00am-10:00pm FRI 5:00am-8:00pm SAT 8:00am-6:00pm SUN CLOSED

\*Contact Alexa Mullings @ 318-746-8715 for questions or feedback\* Schedule is subject to change. [www.bellairefitnesscenter.org](http://www.bellairefitnesscenter.org) \*Child care available for additional charge  
'Like' us on Facebook at [facebook.com/Bellaire-Fitness-180711765284147](https://facebook.com/Bellaire-Fitness-180711765284147). For further questions, please contact Assistant Manager, Alexa Mullings at [alexa@bellairefitness.org](mailto:alexa@bellairefitness.org)