



# Brenham Fitness Center

## Group Exercise Schedule Winter 2017

All Classes held at 2016 Market St. 979-277-9997

Schedule subject to changes without notice

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	Cycling Mari	Sculpt Mari	Cycling Mari	Sculpt Mari		
8:00 am	Spin/Zumba Laura Y.	Yoga Lynne		Yoga Lynne	Quick Spin @ 8:15 Angelica	
8:30 am			Zumba Laura Y.			Kick & Sculpt Laura W.
9:00 am	Yoga Barre Laura Y.				PiYo Angelica	
9:15 am		Beginner Yoga Lynne		Beginner Yoga Lynne		
9:30 am			Body Pump @ 9:30 Bea G.		Body Pump @ 10:30 Bea G.	Zumba Katie
Noon		PiYo Angelica		PiYo Angelica		
12:15 pm	Turbo Kick Angie		Turbo Kick Angie			
4:15 pm	BFC Kid Fit Training Sianna	Jr Fitness Sarah	BFC Kid Fit Training Sianna	Jr Fitness Sarah		
5:00 pm	Cycling/Abs Bea	Body Rock Interval Training Sarah		Body Rock Interval Training Sarah		
5:30 pm			Kick & Sculpt Laura W.			
6:00 pm	Zumba Ashley	Zumba Ashley	Zumba @ 6:30 Katie	Zumba Katie		
7:00 pm	Body Rock Interval Training Sianna					

## **Beginner Yoga**

New to yoga, or want to build basic technique? This class is for you! Designed to build confidence, strength and balance. Fundamentals of basic yoga poses, breathing techniques, and mediation are introduced and explored. No prior experience needed.

## **Body Rock Interval Training**

A time effective, total body workout! This class design is a unique combination of cardio interval exercises, strength building, and abdominal "core" challenge. Let our high energy instructors rock you to a new level of fitness! No experience needed.

## **Cycling**

This motivational class is based on cycling movements that simulate a vigorous bike ride in the Texas Hill Country. Instructors coach resistance levels to reach specific heart rate or calorie burn during class. Burn an average of 500 calories in class with low-impact exercise guided by inspirational music. All ages and fitness levels welcome! Arrive 10 minutes early for bike set-up.

## **BFC Kid Fit Training**

Kid fit is circuit training for kid's ages (8-12) on the Strive Smart Strength Machines. The kids will learn proper form and technique on the machines and will also be educated on how their muscles work. Following their certification; each child will be free to train on the circuit accompanied with parent during their time at the gym.

## **Junior Fitness**

Junior fitness is a fun cardio class for kids. A class where kids will sweat plus have fun with games and different activities. They won't even feel like they are working!

## **Kick & Sculpt**

Join this class for high intensity, cardio kick boxing and weight training all in one. Instructors bring the power punch by coaching participants through basic boxing moves. Varying intervals of intensity challenge the body to peak and recover building overall endurance and strength. The body resistance followed by abdominal muscle toning and stretching.

## **Body Pump**

This class is a complete body workout; firm and tone your body, arms and legs as you train with free weights. See your body develop definition as you progress to higher levels; lunging, squatting and abs are also combined into this (1 hour) session. Great for all levels and all ages!

## **Pi-Yo**

This class is a fusion of Pilates and Yoga which builds muscle strength, balance and endurance. Pilates offers a variety of calisthenic exercises using the body's own resistance and option to add weights; combined with basic yoga techniques to allow for stretching, muscle release and relaxation. Bring your own exercise mat or use one of ours!

## **Quick Spin**

This class builds on fundamentals of stationary bike class set-up and workout. This 30 minute class is an excellent class for new bikers, or a quick cardio boost and fat burn. All levels welcome. Arrive 10 minutes early for bike set-up.

## **Sculpt**

Shape, tone and build muscle strength and flexibility thru high repetition toning exercises. This class is designed for all level of fitness with the ability to improve and achieve fitness goals. Light hand weights, resistance bands, exercise balls and your own body weight develop and maintain a healthy and firm physical appearance!

## **Spin/Sculpt**

High energy, low-impact cardio bike workout and weight training all in one hour! Instructor begins with 30 minutes of cycling simulating a vigorous bike ride on varying terrain. Followed by 30 minutes of dumb bell routine, abdominal exercises and stretching. All fitness levels welcome. Arrive 10 minutes early for bike set-up.

## **Yoga**

Yoga combines the mind, body, and spirit. Let our Hatha based yoga instructors lead you in intermediate level, challenging poses. Poses are held longer than in beginner class to develop increase strength, balance, and flexibility. Breathing exercises and mediation are included in each class. Bring your own mat or use one of ours.

## **Zumba**

Is international dance combining Latin rhythms fused with high energy pop that creates a calorie-burning, inspirational hour of sweat and fun! Shake, pump and shimmy on the dance floor. No prior dance experience necessary! Caution this class has been known to be habit forming.