

Autumn 2018

Group Fitness Schedule

BCC = Bartlett Community Center

DOBERTION SHELLIE FS SHANNON FS STRENGTH ALEX FS STRENGTH ALEX A	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SHELLE	5:35-6:15AM	5:35-6:20AM	5:35-6:20AM	5:35-6:20AM	5:35-6:20AM	7:00-8:00AM	8:30-9:45AM	
FS SHANNON FS FS ALEX FS FS FS	CORE -N- MORE	POWERFLOW	BOOTCAMP	STRICTLY	HIIT	CYCLE 60	HATHA YOGA	
8.30-9:30AM S.30-9:15AM S.30-9:15AM AQUART STRICTLY ST	SHELLIE	YOGA	CARRIE	STRENGTH	ALEX	WENDY	JEN	
AQUAFIT STRENGTH	FS	SHANNON FS	FS	ALEX FS	FS	FS	DS	
STRENGTH SC CARRIE FS CARRIE FS SHERRY FILE Signo-330AM Signo-330A	3:30-9:30AM	8:30-9:15AM	8:45-9:45AM	8:30-9:15AM	8:30-9:30AM	7:00-8:00AM	8:30-9:15AM	
SC CARRIE FS SC FS SC DS	AQUAFIT	STRICTLY	AQUAFIT	BRICK BODIES	AQUAFIT	Body Back ®	KETTLEBELL	
9:30-10:30AM 9:30-10:30AM YOGA	IENNIFER	STRENGTH	ANITA	CARRIE	SHERRY	Fit4Mom	DEVIN	
SOZING CIRCUIT STRENGTH STR	SC	CARRIE FS	SC	FS	SC	DS	FS	
SAME	3:30-9:30AM	9:30-10:30AM	8:40-9:25AM	9:30-10:30AM	8:30-9:15AM	8:00-8:55AM	9:15-10:00AM	
FS	OXING CIRCUIT	CYCLE -N- SCULPT	YOGA	CYCLE -N- SCULPT	BOOTCAMP	CARDIO	BRICK BODIES	
10:45-11:45AM 10:45-11:45AM 2zzercise Dance Mixx	ARRIE	SHELLIE	STRENGTH	SHELLIE	CARRIE	KICKBOXING	DEVIN	
	FS	FS	JEN FS	FS	FS	CARRIE GC3	FS	
Dance Mixx		10:45-11:45AM		10:45-11:45AM				
Maria								
### ### ##############################								
HIIT SHELLIE		FS		FS				
SHELLIE								
Size-10:40AM Stroller Strides® Fit4Mom Stroller Strides® Fit4Mom Stroller Strides® Fit4Mom Stroller Strides® Fit4Mom CIRCUIT WENDY FS								
9:30-10:30AM Stroller Strides® Fit4Mom GC3 9:45-10:45AM H2O CARDIO ANITA SC 5:25-6:25PM BARRE Jazzercise Dance Mixx WENDY FS JEANINE DS 6:46-6:30PM BARRE JEFANINE DS 6:45-7:30PM BAICK BODIES 1.53-7:30PM AQUAFIT BETHANIE DS 6:30-7:20PM AQUAFIT BETHANIE DS 6:30-7:20PM ANDREW APRIL BETHANIE DS 6:35-7:30PM ANDREW APRIL BETHANIE DS 6:36-7:30PM ANDREW APRIL BETHANIE DETHANIE DETHANIE DETHANIE DS 6:36-7:30PM ANDREW APRIL BETHANIE DETHANIE DETHAN								
Stroller Strides® Fit4Mom Fit4Mom Fit4Mom Fit4Mom GIRCUIT SHELLIE FS GC3 9:45-10:45AM H2O CARDIO ANITA SC 5:25-6:25PM BARRE Jazzercise Dance Mixx EANINE DS FS FS FS FS FS FS FS FS FS								
Fit4Mom								
S								
9:45-10:45AM H2O CARDIO ANITA SC 5:25-6:25PM BARRE Dance Mixx EANINE DS 6:45-7:30PM BRICK BODIES LISA D. FS								
H2O CARDIO ANITA SC S:25-6:25PM BARRE Dance Mixx WENDY Dance Mixx DEANINE DS S:45-6:30PM BRICK BODIES LSA D. SSC S:45-6:30PM BRICK BODIES LSA D. SSC S:45-6:30PM BRICK BODIES LSA D. SSC SSC SSC SSC SSC SSC SSC SSC SSC SS	1-5	_						
ANITA SC SHANNON DS DEVIN FS S:25-6:25PM BARRE Dance Mixx Dance Mixx Dance Mixx Dance Mixx Dance Mixx Dance Mix D								
SC								
5:25-6:25PM 5:30-6:30PM 5:25-6:25PM Jazzercise Dance Mixx Jazzercise Dance Mixx Jeanine Ds FS Jeanine Ds FS Jeanine Ds FS FS FS FS FS FS FS F								
BARRE WENDY Dance Mixx JEANINE DS FS JEANINE DS FS FS FS FS S:45-6:30PM BRICK BODIES LISA D. FS FS FS FS FS S:45-6:30PM BRICK BODIES LISA D. FS FS FS FS FS S:45-6:30PM CYCLE 45 FS FS FS FS FS FS FS S:45-6:30PM CYCLE 45 FS S:45-6:30PM CYCLE 45 FS	C	F 22 C 22004		E 45 C 4504				
Dance Mixx JEANINE DS FS JEANINE DS FS JEANINE DS FS JACQUI J								
SEANINE DS FS JEANINE DS FS FS FS								
5:45-6:30PM BRICK BODIES LISA D. LISA								
RIPT -N-CUT CARRIE SHELLIE SHOPM AQUAFIT STrength Mind/Body Cardio Water Strength Mind/Body Combo (Cardio/Strength) FS SC T:10-8:30PM RAISE THE BAR CARRIE STRENGT S		_			FS	FS		
TISA D. FS FS FS FS FS FS FS FS FS F								
FS FS FS DS 5:30-7:20PM 7:10-8:10PM AQUAFIT ZUMBA ZUMBA APRIL DS SC DS FS 6:35-7:30PM ANDREW APRIL DS SC DS FS 6:35-7:30PM ALISE THE BAR CARRIE FS DS 7:30-8:30PM PILATES MAT ERIN Body Back® PILATES MAT ERIN DS PR3/4 7:45-8:45PM 7:45-8:30PM PR3/4 7:45-8:45PM PR3/4 PRS PROGRAM PROMPER *Note classes in PURPLE are not included with PRS = Program Room 5						*Additional Fee (See Brochure)		
7:10-8:10PM AQUAFIT ZUMBA ZUMBA APRIL DS SC DS FS 6:35-7:30PM RAISE THE BAR CARRIE FS DS FS SC 7:30-8:30PM PILATES MAT ERIN BOY BOOK BACK® FIT4Mom DS PR3/4 *Note classes in PURPLE are not included with PILATES Program Room 5 *Note classes in PURPLE are not included with PICATE PROGRAM ROOM 5 *Note classes in PURPLE are not included with PICATE PROGRAM ROOM 5 *Note classes in PURPLE are not included with PICATE PROGRAM ROOM 5 *Note classes in PURPLE are not included with PICATE PROGRAM ROOM 5 *Note classes in PURPLE are not included with PICATE PROGRAM ROOM 5 *Note classes in PURPLE are not included with PICATE PROGRAM ROOM 5						Cardio		
APRIL DS SC DS FS 6:35-7:30PM RAISE THE BAR CARRIE FS DS FS 7:30-8:30PM Body Back® Fit4IMom DS PR3/4 PR3/4 PR3/4 PR3/4 *Note classes in PURPLE are not included with PR5 = Program Room 5								
APRIL DS SC DS FS 6:35-7:30PM RAISE THE BAR CARRIE FS DS FS CARRIE FS DS FS CARRIE FS DS FS SC 7:30-8:30PM Body Back® Fit4Mom DS PR3/4 FS PR3/4 FS PR3/4 FS PR3/4 *Note classes in PURPLE are not included with PR5 PR5 PR5 SC Strength Mind/Body Combo (Cardio/Strength) Mind/Body Combo (Cardio/Strength) FS = Fitness Studio DS = Dance Studio SC = Splash Central LC = LIFECENTER PR5 = Program Room 5						water		
SC DS FS 6:35-7:30PM RAISE THE BAR CARRIE FS DS FS SC 7:30-8:30PM Body Back® Fit4Mom DS PR3/4 7:45-8:30PM T:45-8:30PM PILATES MAT ERIN DS PR3/4 *Note classes in PURPLE are not included with						Strength		
7:15-8:30PM RAISE THE BAR CARRIE FS DS FS SC 7:30-8:30PM RAISE THE BAR CARRIE DS FS SC 7:30-8:30PM PILATES MAT ERIN DS PR3/4 SC 7:45-8:30PM PR3/4 SC T:45-8:30PM PR3/4 SC T:45-8:30PM PR3/4 SC T:45-8:30PM PR3/4 SC T:45-8:30PM PR3/4 SC T:45-8:10PM AQUAFIT BETHANIE SC SC T:10-8:10PM AQUAFIT BETHANIE FS = Fitness Studio DS = Dance Studio SC = Splash Central LC = LIFECENTER PR5 = Program Room 5						Mind/Rody		
RAISE THE BAR CARRIE BETHANIE FS DS FS SC 7:30-8:30PM Body Back® Fit4Mom DS PR3/4 PLATES MAT ERIN DS PR3/4 SC AQUAFIT BETHANIE SC 7:15-8:15PM PILATES BARRE SHELLIE DS *Note classes in PURPLE are not included with PR5 = Program Room 5								
CARRIE FS DS FS SC 7:30-8:30PM Body Back® Fit4Mom DS PR3/4 FS = Fitness Studio DS = Dance Studio SC = Splash Central LC = LIFECENTER PR5 = Fitness Studio DS = Dance Studio SC = Splash Central LC = LIFECENTER PR5 = Fitness Studio PS = Fitness Studio DS = Dance Studio SC = Splash Central LC = LIFECENTER PR5 = Frogram Room 5						Combo (Cardio/St	rength)	
FS DS FS SC 7:30-8:30PM 7:35-8:35PM 7:45-8:45PM PILATES MAT ERIN DS PR3/4 SC DS 7:45-8:45PM 7:45-8:30PM 7:45-8:30P								
Body Back® FILATES MAT ERIN ANITA SC DS 7:45-8:45PM 7:45-8:30PM *Note classes in PURPLE are not included with PR5 = Program Room 5					11	FS = Fitness Studio)	
Body Back® Fit4Mom PR3/4 PR3/4 SC PILATES BARRE SHELLIE SHELLI	7:30-8:30PM		7:45-8:45PM		\succeq			
DS PR3/4 SC DS 17:45-8:45PM 7:45-8:30PM *Note classes in PURPLE are not included with PR5 = Program Room 5		PILATES MAT						
7:45-8:30PM *Note classes in PURPLE are not included with PR5 = Program Room 5	Fit4Mom	ERIN	ANITA	SHELLIE				
Note classes in PURPLE are not included with PR5 = Program Room 5	DS	PR3/4	SC	DS	LC = LIFE CENTER			
	7:45-8:45PM	7:45-8:30PM	*Note classes in D	IRPI F are not includ	led with	PR5 = Program Po	om 5	
the En EOENTER EETE Membership of	H2O CARDIO	BRICK BODIES	the LIFECENTER ELITE Membership or with the LIFECENTER Group Fitness Punch cards. These classes are an additional fee					
						PR3&4 = Program Rooms 3/4		
	SC	FS				GC3 = Gym Court #3		

for more information on these classes.

AQUAFIT – A low-impact cardiovascular workout for muscle toning and improved range of motion. Designed for all fitness levels, you do not have to be a swimmer to participate.

BARRE - A combination of functional strength, dance, Pilates and Yoga. We use bodyweight as a resistance to focus on alignment and optimal posture while enhancing body awareness, coordination, balance and overall strength. 2-3 lb. hand weights, small balls, tubing and bands will be used.

BRICK BODIES – Moderate intensity class using various equipment pieces for muscle endurance and (non-choreographed) cardiovascular conditioning. Core and some strength will be included

BOOTCAMP – High Intensity, High Impact class that includes running and biking drills for cardiovascular endurance, body weight and weighted exercises for muscle endurance. Class may move to running track, or outdoors during good weather.

BOX CIRCUIT - A moderate to high intensity class brings a balance of kickboxing, plyometric, and strength.

CARDIO KICKBOXING - A moderate to high intensity class, fast paced and choreography based kickboxing. No equipment used.

CORE N MORE – Low to moderate intensity class to strengthen and tone your abdominal and back muscles. Stability balls, Pilates balls, Medicine balls, and bands may be used.

CYCLE – High intensity cardiovascular training that simulates outdoor cycling. CYCLE 45 = 45 minute class, CYCLE 60 = 60 minute class. Strictly FIRST COME FIRST SERVE, Capacity is 18 bikes. WATER BOTTLE IS MANDATORY. TOWEL IS HIGHLY RECOMMENDED.

CYCLE N SCULPT – Moderate intensity class with 20 minutes of indoor cycling intermixed with 40 minutes of muscle strengthening exercises for the whole body. Varies pieces of equipment will be used. Strictly FIRST COME FIRST SERVE, Capacity is 18 bikes. WATER BOTTLE IS MANDATORY. TOWEL IS HIGHLY RECOMMENDED.

FOREVER FIT - Low to moderate intensity strength training class using body weight and various equipment for low impact challenge.

HIIT – (High Intensity Interval Training) Timed Interval bursts using a variety of equipment. Intervals will Include cardiovascular and strength segments.

H2O CARDIO – Low-impact, full body workout with resistance training, deep water movements, and stretching. Classes uses water weights, swim belts, noodles, etc.

KETTLEBELL – Moderate intensity workout to strengthen and sculpt your entire body utilizing the kettlebell and its specific movements. Dumbbells may also be used.

PILATES BARRE – A moderate intensity class that develops muscle endurance and strength for the whole body with choreographed standing barre exercises and Pilates mat exercises. Pilates balls, sliding discs, and bands may be used.

POUND® - A full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, plyometric movements, and isometric poses.

RAISE THE BAR – Moderate to high intensity class will incorporate functional and multi-joint movements utilizing bars to develop muscle endurance. May Include plyometric and power exercises.

RIPT N CUT - A high intensity strength and conditioning class that combines plyometric training and alternates intervals of toning with a wide variety of cardio segments, which may include step, kick box, hi/low and others. Weights, tubing, resist-a-balls, body bars and other equipment may be used.

STEP CIRCUIT – This class uses short, choreographed STEP intervals alternated with strength segments to improve your cardiovascular endurance and muscular strength. Various equipment pieces are used including, but not limited to, weights, tubes, bands, resist-a-balls, and body bars to challenge every muscle group.

STRICTLY STRENGTH - A moderate intensity class using free weights, med balls, kettlebells, pump and body bars to develop muscle strength and endurance.

FIT YOGA – Designed to improve health, performance, and mental acuity. It blends balance, strength, and flexibility. This class is geared to all fitness levels.

POWERFLOW YOGA - Moderate Intensity class that will flow through various yoga poses to build balance, strength, and flexibility.

YOGA STRENGTH – Moderate intensity class that will combine the flow of various yoga poses with strength exercises to develop better balance, strength, and flexibility.

YOLATES – A combination of Pilates and Yoga inspired movements. It will increase your flexibility, core stability, and all over muscle tone. Resist-a-ball or Pilates balls may be used.

ZUMBA® – A mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility.