

BSF Group Fitness Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am		Indoor Cycling -Melanie		Indoor Cycling -Melanie		Indoor Cycling -Melanie	
8:00am				Silver Sneakers -Kelli			
9:00am		MetKon RX -Jen			Power Hour -Jen	MetKon Rx -Jen	Pump -Melissa/Maura
9:30am			Tabata -Melissa	Pump Melissa			
10:00am	MetKon RX -Jen	Cardio Sculpt -Nancy			Cardio Sculpt -Nancy	Indoor Cycling -Melissa	Indoor Cycling -Melissa/Melanie
10:30am				Indoor Cycling (30mins) -Melissa			
11:00am		Silver Sneakers -Nancy	Senior Fit -Melissa		Silver Sneakers -Nancy	Senior Fit -Melissa	
5:30pm		Power Hour -Jen	Speed-Strength-Agility -Jen (Pre-Registration Required)		Youth Fit -Jen \$10 per kid/class		
6:00pm		Indoor Cycling -Heather					
6:30pm				Indoor Cycling (30 mins) -Maura	MetKon Rx -Jen		
7:00pm		Pump -Melissa	PYB: Pilates-Yoga- Barre -Mary	Pump -Maura			

Class Descriptions

Indoor Cycling- Bike conditioning, climbs, jumps, and hills to increase your endurance and muscle tone. A great cardio workout for all levels!

Cardio Sculpt- A creative & fun workout alternating between cardio drills & muscle conditioning. In this class, you will use weights and kettlebells to get that long lean muscle.

Pump - Intense weight- lifting class deigned for building / maintaining lean muscles (no bulk), core strength, and endurance for a strong, balanced body. Challenging exercises will target ALL muscle groups using various equipment: barbell, dumbbell, stability ball and more! Modifications for beginners are certainly provided.

MetKon RX- Increase your strength and improve your overall level of fitness with a combination of FUNctional strength training and cardio conditioning. This class takes circuit training to the next level with full body combos, high heart rates, and upbeat music-driven intervals. MetKon RX is smart, safe and accessible for all levels of fitness!

Tabata- High intensity interval training (HIIT). Consists of 8 rounds of ultra-high intensity exercises in a specific 20 seconds on, 10 seconds off. With a variety of exercises and methods for this training, you'll always be targeting major muscle groups for a whole- body workout.

Power Hour- A Personal Training Session in a Group Fitness setting! We will alternate Lower Body Days with Upper Body Days. We will stimulate change by exhausting the muscle & working to failure. Our focus will be on shedding fat & building lean muscle!

PYB: Pilates-Yoga-Barre- A unique blend of 3 exercise classes that will strengthen, stretch & align. Workout recommended to be barefoot, but shoes are optional.

Silver Sneakers/Senior Fit - Combine fun with fitness and move to the music through a variety of exercises designed to increase cardiovascular, muscular endurance, & range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises.

Youth Fit- \$10 per class/kid Ages 7-13. FUN COMES FIRST!! Combining motivating & scientifically proven, age-appropriate movement that is essential for enhancing cardiorespiratory fitness & musculoskeletal strength for our youth!