

# Fitness Class Schedule

## December 2023

### MONDAY

**NEW** 8:30 AM  
Total Body  
Strength Express -  
Gretchen

9:30 AM  
Ultimate X - Mary

10:45 AM  
Vinyasa Yoga -  
Marie

12:00 PM  
Chair Yoga Express  
- Marie

12:00 PM  
Barre - Keri

### TUESDAY

5:00 AM  
HIIT - Amanda

8:00 AM  
Circuit Strength  
Training - Jessica

9:15 AM  
Gentle Stretch  
Yoga - Tara

10:30 AM  
Body Sculpt - Mary

### WEDNESDAY

**NEW** 8:00 AM  
Triple Fit - Jamie

9:15 AM  
Slow Flow Yoga -  
Virginia

### THURSDAY

5:00 AM  
Power Pump -  
Amanda

8:00 AM  
Circuit Strength  
Training - Jessica

9:15 AM  
Zumba - Katie

10:30 AM  
Vinyasa Yoga - Tara

### FRIDAY

**NEW** 8:00 AM  
Triple Fit - Jamie

9:15 AM  
Body Sculpt - Mary

10:30 AM  
Yogalaties - Katie

### SATURDAY

9:15 AM  
Barre OR TRX  
(Check BCCC App)



**BEAU CHÊNE**  
*c o u n t r y c l u b*

**\*\* Be sure to sign up for all classes in the BCCC App**

# Class Descriptions

## BARRE

- A low-impact full body workout.
- Targets hips, thighs, abdominals and arms.

## BODY STRENGTH EXPRESS

- A 45 minute strength and endurance focused class designed to build lean muscle.
- The class will target every muscle group through high repetitions and varying weighted movements with bursts of cardio in between to keep the heart rate elevated.

## BODY SCULPT

- A total body strength workout that incorporates compound functional movements with the use of light dumbbells and/or kettlebells.
- This class also incorporates stability, core, and balance exercises ending with abs & stretching.

## CHAIR YOGA

- This is a gentle form of yoga that uses a chair for support.
- Focusing on strength, mobility, and balance.

## CIRCUIT STRENGTH TRAINING

- Targeting the total body with hand weights, barbells, resistance bands and body weight.

## GENTLE STRETCH YOGA

- A relaxing class geared towards improving flexibility.

## GYM CIRCUIT TRAINING

- Our circuit class we use high volume (reps), low resistance (weight) workout with short rest intervals using the weight machines geared primarily at improving muscle tone and definition. This is a great compliment to what you do for cardio outside of class.

## HIIT

- This interval based class combines full body strength training with timed cardio bursts.

## POWER PUMP

- A fast-paced, barbell-based workout that is specifically designed to help you get lean, toned, and fit.
- A full body workout

## SLOW FLOW YOGA

- Meditative yoga class emphasizing peace and calm in body and mind.
- The poses will hold longer while taking several rounds of breath in each pose.

## TRIPLE FIT

- Triple Fit is designed to give you a total body workout with a combination of cardio, strength, and core training.
- Improve your endurance and increase your strength with this fun, fast pace class!

## TRX

- TRX (Total Resistance Exercise) is a suspension method that builds a strong core, strength, flexibility, and endurance.

## ULTIMATE X-TRAINING

- High-intensity class burns calories and increases your muscular endurance.
- Combines a various use of equipment , TRX , Bosu balls, Gliders, and free weights.

## VINYASA YOGA

- Deep stretching and strengthening for the abdominal, back and hip muscles with a consistent flow of movement.

## YOGALATES

- This class helps you develop core strength & stabilization (Pilates) and improve your flexibility, muscular strength, posture & alignment (Yoga).

## ZUMBA

- Zumba is a dance class that is choreographed to upbeat salsa and international music. It is a fun, high-energy workout that helps improve cardiovascular fitness while also enhancing balance, coordination and agility.