

# Fitness Class Schedule | June 2026

## MONDAY

8:00 AM

Aqua Fit - Katie

5:30 AM

Spin Light Rise & Shine Express - Amanda

8:00 AM

Body Fusion - Sheryl

9:30 AM

Spin Cycle - Jan

9:30 AM

Tone and Sculpt - Katie

10:45 AM

Vinyasa Yoga - Marie

12:00 PM

Chair Yoga - Marie

## TUESDAY

5:00 AM

Circuit - Amanda

8:15 AM

Functional Fitness - Janie

9:15 AM

Yogalaties - Virginia

10:30 AM

Body Sculpt - Mary

12:00 PM

Barre - Mollee

## WEDNESDAY

8:00 AM

Aqua Fit - Katie

8:00 AM

Body Fusion - Sheryl

9:30 AM

Lean & Lengthen- Mollee

12:00 PM

Core & Restore- Amanda

## THURSDAY

5:00 AM

Circuit - Amanda

8:00 AM

Aqua Fit - Katie

8.30 AM

Body Strength, Cardio & Conditioning - Mollee

9:30 AM

Tone & Sculpt - Katie

10:45 AM

Gentle Stretch - Virginia

12:00 PM

Barre - Amanda

## FRIDAY

6:00 AM

Road Spin Express - Amanda

8:00 AM

Triple Fit - Jamie

9:15 AM

Body Sculpt - Mary

10:30 AM

Yogalaties - Katie

## SATURDAY

8:00 AM

Aqua Fit - Katie

9:00 or 9:15 AM

TRX, HIIT or Barre (Check BCCC App)

9:15 AM

Slide into Spin - Sheryl

10:15 AM

Simply Stretch - Sheryl



**BEAU CHÊNE**  
TENNIS & FITNESS

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

# CLASS DESCRIPTIONS

## BARRE

Low-impact, full-body workout targeting hips, thighs, abs, and arms.

## BODY FUSION

Full-body workout blending Pilates mat, Barre, and weights.

## BODY SCULPT

Total body strength workout that incorporates compound functional movement using dumbbells and a variety of equipment. Ending with mat work for abs and glutes.

## BODY STRENGTH, CARDIO & CONDITIONING

Weighted circuit training, cardio exercises and finishing with core work.

## CHAIR YOGA

Gentle, chair-supported yoga focused on strength, mobility, and balance.

## CIRCUIT

Timed stations targeting strength, endurance, cardio, and coordination in one efficient workout.

## CORE & RESTORE

Pilates-inspired blend of focused core work and deep intentional stretching in a calm setting.

## FUNCTIONAL FITNESS

Station-based, full-body workout using real-life movements to build strength, balance, and cardio for all levels.

## GENTLE STRETCH

Relaxing class focused on improving flexibility.

## HIIT STRENGTH

30-minute-high intensity strength workout that builds around short bursts of maximal effort followed by brief recovery periods. Improving both aerobic and anaerobic capacity.

## Lean & Lengthen

Barre-inspired full-body conditioning to tone, strengthen, and stretch.

## ROAD SPIN EXPRESS

A fast-paced, 30-minute indoor cycling workout that simulates outdoor road riding—flats, hills, climbs, and sprints; for maximum results in minimal time.

## SIMPLY STRETCH

Gentle, full-body stretch to release tension and improve mobility.

## SLIDE INTO SPIN

Beginner-friendly spin class with a great cardio workout.

## SPIN CYCLE

45-minute rhythm-based ride with hills and sprints to build endurance, legs, and core.

## SPIN LIGHT RISE & SHINE

Low-impact morning ride to boost cardio, strength, and metabolism.

## TONE & SCULPT

Based on the science of functional movements using dumbbells, bands and stability balls. Beginner-friendly class.

## TRIPLE FIT

Fast-paced mix of cardio, strength, and core for a total-body workout.

## TRX

Suspension training to build core strength, flexibility, and endurance.

## VINYASA YOGA

Flowing sequences to stretch and strengthen the core, back, and hips.

## YOGALATES

Pilates core work blended with yoga for strength, flexibility, and better posture.