



Brenham Fitness Center

Group Exercise Schedule Fall 2018

All Classes held at 2106 S. Market St. 979-277-9997

Schedule subject to changes without notice

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|------------------------------------|---------------------------------------|
| Cycling @ 5:15am Mari | 21 Day Fix @ 5:15am Video | Body Sculpt @ 5:15am Mari | 21 Day Fix @ 5:15am Video | | |
| | Yoga @ 8:00am Angelica | | Yoga @ 8:00am Lynn | Quick Spin @ 8:15am Angelica | |
| ReFit @ 8:30am Pamela | Hard CORE bootcamp @ 8:30am w/ Ryann (Fitness Floor) | Zumba @ 8:30am Ryann | Hard CORE bootcamp @ 8:30am w/ Ryann (Fitness Floor) | | Kick & Sculpt @ 8:30am Laura W. |
| | Beginner Yoga @ 9:15am Angelica | | Beginner Yoga @ 9:15am Lynn | PiYo @ 9:00am Angelica | |
| Zumba w/ weights @ 9:30am Ryann | | Body Pump @ 9:30am Bea | | Body Pump @ 10:00am Bea | Zumba @ 9:30am Katie |
| SilverSneakers @ 10:30am Ryann | | SilverSneakers @ 10:30am Ryann | | | |
| | PiYo @ 12:00pm Angelica | | PiYo @ 12:00pm Angelica | | |
| BFC Kid Fit @ 4:00pm Ryann & Jack | BFC Kid Fit @ 4:00pm Ryann & Jack | BFC Kid Fit @ 4:00pm Ryann & Jack | BFC Kid Fit @ 4:00pm Ryann & Jack | | |
| Cycling/Abs @ 5:00pm Bea | Power Pilates @ 5:15pm Heather | Kick & Sculpt @ 5:15pm Laura W. | Cycle Bootcamp @ 5:00pm Bea | Zumba @ 5:00pm Ryann | |
| Zumba @ 6:00pm Ashley | Zumba @ 6:00pm Ashley | Zumba @ 6:00pm Katie | Zumba @ 6:00pm Katie | | |

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.

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.

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 10minutes 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.

REFIT

Like Zumba, REFIT is a dance fitness class with high energy pop that creates a calorie-burning inspirational hour of sweat and fun! REFIT combines powerful movements with positive music that will change your body.

SilverSneakers

This is a class specifically designed for seniors! Focused towards increasing muscle strength, range of movement, and improve activities for daily living through heart-healthy aerobics and low-impact movements.

Hard CORE (30 min. bootcamp)

Hard CORE is our new 30 minute bootcamp class being held on the fitness floor by one of our personal trainers. This class is specifically designed to burn fat and push you a little bit farther than you would probably push yourself. This full body workout mixes traditional calisthenic and body weight exercises with interval training and strength training. All fitness levels welcome!

