GROUP EXERCISE SCHEDULE: NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MOVEMENT STUDIO						
PURE STRENGTH 8 AM | Ingrid **ZUMBA** 9 AM | Melissa **SIMPLY CIRCUIT^** 10 AM | Melissa ZOOM ID: 838 1822 1504 **KICKBOXING & CORE** 11 AM | Carol Anne **HATHA YOGA** 4:30 PM | Karrie **YOGA NIDRA** 5:30 PM | Karrie* **PURE STRENGTH** 6 PM | Karrie	**PURE STRENGTH** 7 AM | Ingrid **HIGH - LOW CARDIO** 8 AM | Melanie **ZUMBA** 9 AM | Yesenia **SIMPLY CIRCUIT^** 10 AM | Lydia ZOOM ID: 818 6308 4419 **TOTAL CONDITIONING** 11 AM | Debbie **CARDIO DANCE** 12 PM | Heather **PURE STRENGTH** 4:30 PM | Esti	**KICKBOXING & CORE** 8 AM | Carol Anne **TOTAL CONDITIONING** 9 AM | Bonne **SIMPLY CIRCUIT^** 10 AM | Tatiana ZOOM ID: 850 8585 6007 **PURE STRENGTH** 11 AM | Ali **ZUMBA** 12 PM | Yesenia **PURE STRENGTH** 5:30 PM | Kelly	**PURE STRENGTH** 7 AM | Ingrid **TOTAL CONDITIONING** 8 AM | Gina **HIGH - LOW CARDIO** 9 AM | Carol Anne **SIMPLY CIRCUIT^** 10 AM | Lyn ZOOM ID: 842 7189 5466 **ZUMBA** 11 AM | Janina **STICK MOBILITY FLOW** 12 PM | Alina	**TOTAL CONDITIONING** 7 AM | Lyn **HIGH - LOW CARDIO** 8 AM | Alina **PURE STRENGTH** 9 AM | Alina **SIMPLY CIRCUIT ^** 10 AM | Alina ZOOM ID: 845 1651 1381 **TOTAL CONDITIONING** 11 AM | Bonne **CHAIR YOGA** 12 PM | Sally **MEDITATION** 1 PM | Sally*	**PURE STRENGTH** 8 AM | Carol Anne **KICKBOXING & CORE** 9 AM | Carol Anne **SIMPLY CIRCUIT^** 10 AM | Carol Anne ZOOM ID: 860 5663 8762 **LINE DANCING** 11 AM | Melissa	**TOTAL CONDITIONING** 8 AM | Gina **CARDIO DANCE** 9 AM | Esti **HAPPY HIPS & BACK^** 10 AM | Elisa ZOOM ID: 844 3722 5158 **SIMPLY STRETCHED^** 11 AM | Elisa ZOOM ID: 854 9060 4811 **RESTORATIVE YOGA** 12 PM | Tracie **MEDITATION** 1 PM | Tracie*
CYCLING STUDIO						
	CYCLE BEATS 9 AM | Gina	**GROUP CYCLE** 9 AM | Lyn	**GROUP CYCLE** 9 AM | Ingrid **TRIATHLON CYCLE TRAINING** 11 AM | Lyn	**CYCLE BEATS** 9 AM | Gina	**GROUP CYCLE** 8 AM | Debbie	**CYCLE BEATS** 9 AM | Gina
CORE TRAINGING AREA						
TRX PILATES 7 AM | Gizem **TRX POWER** 8 AM | Carol Anne **TRX: CORE** 10 AM | Carol Anne **TRX POWER** 4:30 PM | Kelly	**TRX CORE** 8 AM | Esti **TRX CIRCUIT** 9 AM | Ingrid **TRX POWER** 10 AM | Gina **TRX POWER** 12 PM | Debbie **PILATES SCULPT** 4:30 PM | Ali	**TRX POWER CIRCUIT** 7 AM | Lyn **TRX POWER** 9 AM | Carol Anne **INTRO TRX** 10 AM | Carol Anne* **INTRO VIPR** 10:30 AM | Carol Anne* **TRX POWER** 4:30 PM | Kelly	**TRX POWER** 8 AM | Ingrid **TRX PILATES** 9 AM | Debbie **TRX CIRCUIT** 10 AM | Carol Anne **TRX POWER** 12 PM | Melissa	**TRX PILATES** 7 AM | Gizem **INTRO TRX: POWER** 8 AM | Gina* **INTRO VIPR** 8:30 AM | Gina* **TRX PILATES** 9 AM | Ali **TRX POWER** 10 AM | Bonne	**TRX PILATES** 9 AM | Debbie **TRX CIRCUIT** 10 AM | Ingrid **PILATES SCULPT** 11 AM | Ali	**TRX PILATES** 8 AM | Heather **TRX SWEAT** 10 AM | Esti **TRX POWER** 11 AM | Esti
AQUATICS CENTER						
AQUA FITNESS 8 AM | Gina - Oasis Pool **AQUA TONE** 9 AM | Gina -Oasis Pool **AQUA BOARD YOGA & MEDITATION** 3 PM | Lydia	**AQUA FITNESS** 8 AM | Ingrid - Oasis Pool **AQUA TONE** 9 AM | Alina - Oasis Pool **INTRO AQUA TRAMPOLINE** 11 AM | Lyn - Family Pool **TRIATHLON SWIM TRAINING** 1 PM | Aquatics Team - Lap Pool	**AQUA FITNESS** 8 AM | Melanie - Oasis Pool **AQUA TONE** 9 AM | Melanie - Oasis Pool	**AQUA ZUMBA** 8 AM | Melissa - Oasis Pool **AQUA BARRE** 9 AM | Melissa - Family Pool **INTRO AQUA TRAMPOLINE** 11 AM | Carol Anne - Family Pool	**AQUA FITNESS** 8:00 AM | Lyn - Oasis Pool **AQUA TONE** 9:00 AM | Lyn - Oasis Pool **INTRO AQUA TRAMPOLINE** 11 AM | Alina - Family Pool	**AQUA FITNESS** 8:30 AM | Lydia - Oasis Pool **AQUA TONE** 9:30 AM Lydia - Oasis Pool	**AQUA FITNESS** 8:30 AM Ingrid / Lydia - Oasis Pool **AQUA TONE** 9:30 AM Ingrid / Lydia - Oasis Pool
ACTIVITY LAWN/POOL HOUSE						
CARDIO BARRE 8 AM | Melissa **BARRE SCULPT** 9 AM | Carol Anne **CHAIR YOGA** 10 AM | Bonne	**BARRE SCULPT** 8 AM | Gina **INTRO TO VINYASA FLOW YOGA** 9 AM | Tatiana **INTRO TO MEDITATION** 10 AM | Tatiana* **CHAIR YOGA** 12 PM | Sally **MEDITATION** 1 PM | Sally*	**PURE BALANCE** 8 AM | Lyn* **YOGA SCULPT** 9 AM | Debbie **SIMPLY MOVE** 10 AM | Debbie **PILATES SCULPT** 11 AM | Tatiana	**VINYASA FLOW** 8 AM | Heather **BARRE SCULPT** 9 AM | Gina **INTRO TO TAI CHI** 10 AM | Elisa **VINYASA FLOW** 11 AM | Elisa **INTRO TO MEDITATION** 12 PM | Elisa*	**PILATES SCULPT** 8 AM | Laura **HATHA YOGA** 9 AM | Karrie **MEDITATION** 10 AM | Karrie*	**VINYASA FLOW** 9 AM | Tracie **SIMPLY MOVE** 10 AM | Debbie **HATHA YOGA** 11 AM | Lydia **MEDITATION **** 12 PM | Lydia	**TAI CHI** 9 AM | Elisa **BARRE SCULPT** 10 AM | Gina
RACQUET CENTER EVENT LAWN						
		STICK MOBILITY 11 AM | Alina		**STRETCH & RECOVERY** 8 AM | Heather		
TREADMILL						
					TRIATHALON RUN TRAINING 1:30 PM | Mattie	

^ Classes offered virtually via zoom | Password: BWCC-GEx

(**) marked classes are 30 minutes in duration

CLASS DESCRIPTIONS

As of November 1, 2026

GROUP EXERCISE FITNESS PROGRAMING AT THE AQUATICS CENTER

Water Fitness Classes: *Check out our fitness classes at the Aquatics complex. These classes are held in the Main or Oasis Pools. All classes are 50 minutes and limited to 30 participants, unless otherwise specified.*
Aqua Barre – Sculpt and tone your arms, core, and lower body with high repetition, isometric movements, and water resistance. (all fitness levels).
Aqua Fitness – High Intensity / Low Impact class where the emphasis is on burning calories (all fitness levels).
Aqua Tone – Increase strength and flexibility using your body weight, noodles, and aqua weights (all fitness levels).
Aqua Trampoline - high-energy, low-impact full-body workout that takes traditional rebounding and submerges it into the pool. Participants will be using a mini trampoline with a safety bar. Limit 10 participants.
Aqua Zumba - Hypnotic Latin rhythms and easy to follow moves to create a dynamic cardiovascular workout in the water. This class is designed for all fitness levels.

MOVEMENT STUDIO / ACTIVITY LAWN / POOL HOUSE: (We Will be utilising the Pool House for some classes until the Mindful Studio is open)

Cardiovascular Classes: All fitness levels are welcome.
Cardio Barre - Unique high energy low impact work out that will shape your glutes, trim your thighs, and strengthen your core.
Cardio Dance – is a vibrant, high-energy fitness party that blends infectious rhythms with easy-to-follow choreography for the ultimate calorie-burning aerobic workout.
High-Low Cardo -Get your heart pumping and your joints happy in this energizing class. High Low Cardio alternates between gentle, low-impact moves and higher-energy bursts, so you get an effective cardiovascular workout while always having the option to go at your own pace.
Kickboxing & Core – Traditional kickboxing class with a focus on core work to finish the class.
Line Dancing - a structured, rhythmic dance format where participants learn and perform choreographed, repeated sequences of steps in synchronized lines and rows.
Low- Impact Cardio – Increase your heart rate, burn calories, and have fun while performing low impact, high energy movements.
Zumba® - Hypnotic Latin rhythms and easy to follow moves in this fun caloric-burning, body-energizing class.

Strength & Conditioning Classes: All fitness levels are welcome
Ballet Barre – Sculpt your arms, core, and lower body with high repetition, isometric movements combining ballet, Pilates, and yoga inspired movements.
Barre Sculpt - low-impact fusion workout that combines traditional Barre with the continuous resistance of weight-based sculpting. Designed to tone, define, and challenge your entire body, this format shifts focus between deep muscular endurance and dynamic, music-driven choreography.
Pilates Sculpt - Mat Pilates with the use of balls, bands, rings and weights.
Pure Strength – Ditch the cardio, sculpt your body and increase your strength with weights, bands, and balls.
Total Conditioning - Check all your fitness boxes in one efficient session. This class perfectly balances low-impact cardio intervals with functional strength training to boost your heart health, build lean muscle, and increase daily energy. It is the ultimate full-body workout to help you feel fit, capable, and energized.

Flexibility & Mind / Body Classes:
Chair Yoga – gentle, accessible form of yoga that modifies traditional hatha yoga poses so they can be performed while seated or safely supporting oneself with a chair.
Gentle Yoga – Slower paced class where poses are held longer to further release tension within the body (all levels).
Happy Hips & Back Yoga – Focus on opening the hips and stretching the back in a safe and gentle yoga class (all levels).
Hatha Yoga – Series of postures and breathwork focusing on proper alignment to promote balance, strength, and flexibility (all levels).
Meditation - *(25 min.) – A series of exercises involving breathing methods, guided imagery, and other practices to relax the body and mind (all levels).
Pure Balance – Find your center of gravity using precise, controlled movements to challenge your stability and enhance your coordination. This class is 30 minutes.
Rajo Yoga –is a meditative and deeply philosophical practice focused entirely on mastering the mind, gaining emotional control, and achieving spiritual self-realization.
Restorative Yoga -therapeutic practice focused on conscious relaxation, healing, and resetting the nervous system through prolonged passive stretching.
Tai Chi (Qigong) – A moving meditation taking you through a series of gentle exercises with a calm state of mind and controlled breathing (all levels).
Vinyasa Flow Yoga – Move with your breath through asanas to build strength, balance, and fluidity in the body and mind (all levels).
Yoga Nidra – referred to as "Yogic Sleep," is an immensely restorative, meditation-based practice that guides participants into a state of conscious, deep relaxation between waking and sleeping.
Yoga Sculpt - high-energy, muscle-sculpting fusion workout that blends the mindful flow of traditional Vinyasa yoga with the added resistance of light hand weights and intense cardio intervals.
***Stick Mobility* -** Functional training that combines active stretching, joint mobilization, and strength training using a specially designed stick to improve flexibility, stability, and strength

Simply Fit Classes: Primarily designed for individuals at a low to moderate level of fitness; utilizing a chair.
Simply Circuit -Class to improve cardiovascular and strength fitness with alternating periods of low-impact movement and light weights and bands.
Simply Cycle – 30- minute low impact cycle class. Enjoy cycling in the saddle only while keeping rhythm with the music for a cardiovascular workout.
Simply FOCUS - Improve mental focus and clarity and mind/body connection by incorporating easy-to-learn, Tai-Chi and Yoga forms.
Simply MOVE - Improve mental acuity and cardiovascular fitness with a focus on balance, range of motion, and coordination.
Simply Stretched – (Chair Yoga) Improve flexibility, balance, and range of motion with resistance and stretching exercises. Reduce stress through restorative breathing and final relaxation.

CYCLING STUDIO:

Cycle Beats - Enjoy this high-energy low impact class that uses addictive playlists to motivate, inspire, and move to the beat. Class may incorporate a 3–4-minute toning section using light hand weights.
Cycle Express – Need a quick cardio workout? Join us for 30-minute cycle class.
Power Cycle – Using the Spivi system to create a high-intensity interval ride fostering team and individual performance work.

CORE TRAINING STUDIO:

Stick Mobility - *Functional training that combines active stretching, joint mobilization, and strength training using a specially designed stick to improve flexibility, stability, and strength.*
Stick Mobility Flow - This unique, low-impact class infuses a traditional, rhythmic yoga flow with Stick Mobility training. Instead of passive stretching, you will actively push and pull the stick into the floor to engage your nervous system, trigger deep muscle activation, and safely expand your range of motion

TRX Program: Total Body Resistance Exercise (TRX), is a type of suspension training that utilizes an individual's body weight to provide the resistance needed to improve strength, balance, flexibility, and core stability. TRX Circuit - is a high-energy, fast-paced workout that fuses the muscle-sculpting power of suspension training with dynamic cardio and strength intervals in a circuit-style format.
TRX Core -Join us for a series of exercises that build and define core muscles and glutes. (intermediate to advanced levels).
TRX Pilates – Sculpt lean muscles in this TRX class that incorporates Pilates moves with TRX exercises and other equipment (open to all levels, but participants must be able to get on and off the floor without any assistance).
TRX Power – A total body suspension training workout that uses TRX straps, kettlebells, medicine balls, and weights to build strength, balance, coordination, flexibility, and increases core stability. (intermediate to advanced levels).
TRX Sweat - a high-intensity, full-body workout that combines TRX suspension training with cardio bursts to build strength, improve endurance, and burn calories.

ViPR- a dynamic, full-body fitness workout that uses a weighted, rubber tube called a ViPR (Vitality, Performance, and Reconditioning) to combine strength training with cardio.

RACQUET CENTER EVENT LAWN:

Stretch & Recovery – is a restorative, low-intensity class specifically designed to alleviate muscular tension, improve joint mobility, and accelerate the body's natural healing process.

Triathlon Training Series – Join us for Swim, Bike, and Run training getting you ready for a Mini- Triathlon in March. These classes will be led by our professional staff in each modality.

Rules and Regulation

Group Exercise Class Rules
1. **Sign-Up**: Register in person up to 90 minutes before class. Participation is first-come, first-served.
2. **Timeliness**: Arrive on time—no entry after the first 5 minutes of class.
3. **Food & Drinks**: No food, open containers, or beverages allowed—bring a water bottle.
4. **Cleaning**: Wipe down mats and equipment before and after use.
5. **Equipment Sharing**: Do not reserve equipment for others.
6. **Class Length & Transition:**
   - Classes are 50 minutes unless otherwise noted.
   - Current participants have 5 minutes to clean and leave before the next group enters.
7. **Cell Phone Use:** Cell phone use is not permitted in classes.