



BAC group exercise class schedule 4.20-4.26

Saturday

7:30am BodyPump (Laura)
8:30am BodyCombat (Doug)
9:30am RPM (Jamie) Studio 1
9:45am BodyPump (Charlie)

Sunday

8:00am Circuit Training (Jordan) gym floor
8:30am RPM (Jamie) Studio 1
10:00 Yoga (Sim)

Monday

5:30am BodyPump (Kelly) 45 min
8:15am Spinning (Tom) studio 1
9:00am BodyStep (Jenn)
9:00am Pilates Reformer (Kelsey)
9:30am Yoga (Judy) studio 3
10:30am Mat Pilates (Kelsey) studio 3
4:30pm BodyPump (Jamie)
5:30pm RPM (Charlie) studio 1
5:30pm BodyCombat (Doug)
6:00pm drop-in basketball*
6:30pm Slow Yoga (Judy) 70 min

Tuesday

5:05am Sprint (Laura) studio 1 **NEW CLASS**
5:45am Sprint (Laura) studio 1
9:15am BodyPump (Barb)
9:00am Pilates Reformer (Kelsey)
10:00am Pilates Reformer (Kelsey)
11:00am Pilates Reformer (Kelsey)
12:15pm Sprint (Jenn) 30 min studio 1
12:45pm Core (Sarah) 15 min
1:30pm Stretch&Tone (A.J.)
4:30pm Sprint (Jamie) 30 min studio 1
5:00pm Core (Jamie) 15 min Studio 1
5:30pm BodyPump (Doug)
5:30pm BodyBalance (Jill) studio 3
6:00pm Circuit Training (Jordan) 30 mins
6:00pm - 8:00pm drop-in pickleball*

Drop-In Mobility (15 minutes):

meet upstairs near offices.

Monday: 9:15am, 5:15pm

Tuesday: 10:30am, 1:15pm

Wednesday: 5:15am, 4:00pm

Thursday: 9:00am, 5:15pm

Friday: 12:00pm

*drop-in games are open to all. Pickleball, basketball, and wallyball set-up for singles or teams

Classes in green are more easily accessible to those looking for options with less impact.

*Must pre-register for classes in red. Use BAC app, call or stop by Service Desk for details. \$20 no show fee applies.

Wednesday

5:30am BodyPump (Laura) 45 min
8:30am Butts & Guts (Sarah)
8:30 RPM (Jamie) Studio 1
9:15am Body Attack (Barb & Terisa)
9:30am Barre (Judy) studio 3
10:00am Pilates Reformer (Kelsey)
10:30am Yoga (Judy) studio 3
12:15pm BodyPump (Jill)
1:30pm Cardio Drumming (A.J.)
4:30pm Body Pump (Charlie)
5:30pm RPM (Charlie) studio 1
6:00pm - 8:00pm drop-in volleyball*

Thursday

5:30am Sprint (Kelly) studio 1
6:10am Yoga (Sim) **NEW CLASS**
6:00am Pilates Refromer (Rem)
8:15am Spinning (Tom) studio 1
9:00am Pilates Reformer (Rem)
9:15am BodyPump (Barb)
10:00am Pilates Reformer (Rem)
11:00am Gentle Exercise (MaryAnn)
11:00am Pilates Reformer (Rem)
12:15pm Sprint (Jamie) studio 1
12:45pm Core (Jamie) 15 min
1:30pm Stretch&Tone (A.J.)
5:00pm - 7:00pm drop-in pickleball*
5:30pm BodyBalance (Jill) studio 3
5:30pm Pilates Reformer (Rem)
6:30pm Circuit Training (Jordan) 30 mins
7:00pm - 8:30pm drop-in basketball

Friday

5:30am Core (Kelly)
6:00am Stretch and Foam Roll (Sarah)
6:30am Spinning (Tom) Studio 1
8:30am Sprint (Jenn) Studio 1
9:00 Pilates Reformer (Kelsey)
9:15am BodyCombat (Jill)
10:30 Mat Pilates (Kelsey) Studio 3
12:00 Pilates Reformer (Kelsey)
12:15pm Yoga (Rem) studio3
5:30pm Zumba (Mitch) **NEW CLASS**
5:00pm - 7:00pm drop-in pickle/wallyball*