



# BAC group exercise class schedule 3.16-3.22

## Saturday

7:30am BodyPump (Laura)  
8:30am BodyCombat (Doug)  
9:30am RPM (Charlie)  
9:45am BodyPump (Jill)

## Sunday

8:00am Circuit Training (Jordan) gym floor  
8:30am RPM (Jamie) studio 3  
10:00am Yoga (Rem) studio 3 **NEW CLASS**

## Monday

5:30am BodyPump (Kelly) 45 min  
5:30am Yoga (Sim) studio 3 **NEW CLASS**  
8:15am Spinning (Tom) studio 3  
9:00am BodyStep (Jenn)  
9:00am Pilates Reformer upstairs (Kelsey)  
9:30am Yoga (Judy) studio 3  
10:30am Mat Pilates (Kelsey) studio 3  
4:30pm BodyPump (Jamie)  
5:30pm RPM (Charlie) studio 3  
5:30pm BodyCombat (Doug) upstairs  
6:00pm drop-in basketball\*  
6:35pm Slow Yoga (Jill) 70 min

## Tuesday

5:30am Sprint (Laura) studio 3  
6:00am Core (Laura) 15min studio 3  
9:15am BodyPump (Barb)  
10:00am Pilates Reformer upstairs (Kelsey)  
11:00am Pilates Reformer upstairs (Kelsey)  
12:15pm Sprint (Jenn) 30 min studio 3  
12:45pm Core (Sarah) 15 min  
1:30pm Stretch&Tone (A.J.)  
4:30pm Sprint (Kelly) 30 min studio 3  
5:30pm BodyPump (Doug)  
5:30pm BodyBalance (Jill) studio 3  
6:00pm Circuit Training (Jordan) 30 mins  
6:30pm SPRINT (Tom) 30 minutes Studio 3 **NEW CLASS**  
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

## Wednesday

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

## Thursday

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

## Friday

5:30am Core (Laura/Kelly) 30 min studio 3  
6:00am Stretch and Foam Roll (Sarah)  
6:30am Spinning (Tom) Studio 3  
8:30am Sprint (Jenn)  
9:00am Pilates Reformer upstairs (Kelsey)  
9:15am BodyCombat (Jill)  
10:30am Mat Pilates (Kelsey) Studio 3  
12:00pm Pilates Reformer upstairs (Kelsey)  
12:15pm BodyBalance (Jill) studio3  
5:00pm - 7:00pm drop-in pickle/wallyball\*

\*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.