



BAC group exercise class schedule 4.13-4.19

Saturday

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

Sunday

- 8:00am Circuit Training (Jordan) gym floor
- 8:30am RPM (Jamie) Studio 1
- 9:00am ZUMBA (Michelle) Studio 3 **NEW CLASS**
- 10:00 Yoga (Jill) Studio 3

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 (Jill) 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
- 5:30pm BodyPump (Doug)
- 5:30pm BodyBalance (Jill) studio 3
- 6:00pm Circuit Training (Jordan) 30 mins
- 6:00pm - 8:00pm drop-in pickleball*

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
- 6:00am 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
- 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 (Laura/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 BodyBalance (Jill) studio3
- 5:00pm - 7:00pm drop-in pickle/wallyball*

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: 10:30am, 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.

