



# BCRD FitWorks Class Schedule

<b>Monday</b>	Sunrise Circuit 5:45-6:45am Linda Schulz	Spin 9:00-10:00am Heather Stanton	Zumba 9:00-10:00am Priscilla Sheerin	Body Sculpt 12:00-1:00pm Katie Purdy	Feldenkrais 4:00-5:00pm John Vladimiroff		
<b>Tuesday</b>	Turbokick 5:45-6:45am Linsey Nelson	Restorative Yoga 9:00-10:15am Tyia Wilson	Pilates 12:00-1:00pm Susan Carlson	Pure Barre 12:00-1:00pm Katie Purdy	Yoga 4:15-5:15pm Victoria Roper	Cardio Strength 5:30-6:30pm Linda Schulz	
<b>Wednesday</b>	Sunrise Circuit 5:45-6:45am Linda Schulz	Spin 9:00-10:00am Jennifer Schwartz	Zumba 9:00-10:00am Amber Morgan	Posture Fitness 12:00-1:00pm Kathryn Goldman	Body Sculpt 12:00-1:00pm Katie Purdy	Barre Pump 4:15-5:15pm Nicole Fisher	Power Yoga 5:30-6:30pm Tyia Wilson
<b>Thursday</b>	Turbokick 5:45-6:45am Linsey Nelson	Yoga & Breath 9:00-10:15am Victoria Roper	Boot Camp 12:15-12:45pm Katie Purdy	Pilates 12:00-1:00pm Susan Carlson	Cardio Strength 5:30-6:30pm Robyn Marrelli	Yoga 4:15-5:15pm Crystal Fuller	
<b>Friday</b>	Sunrise Circuit 5:45-6:45am Linda Schulz	Spin 9:00-10:00am Jennifer Schwartz	Zumba 9:00-10:00am Amber Morgan	Hatha Workshop 11:00-1:00pm Tyia Wilson	Body Sculpt 12:00-12:30pm Nicole Fisher	Core Strength 12:30-1:00pm Nicole Fisher	
<b>Saturday</b>	Cardio Strength 9:00-10:00am Linda Schulz/ Robyn Marrelli						

## Facility Hours: (Labor Day-Memorial Day)

Monday-Friday 5:30am-8:00pm  
 Saturday 8:00am-2:00pm  
 Sunday 9:00am-3:00pm

**Prices:**  
 All Classes \$8

Small Studio

Large Studio

## Updates:

Please check [www.bcrd.org](http://www.bcrd.org) for updates or call BCRD @ 208-578-2273

**BARRE PUMP:**

Increasing the focus and intensity of the traditional barre class, Barre Pump blends a series of upper and lower-body, core and cardio exercises similar to a bootcamp. Small movements will target smaller muscles for a stronger dance-like musculature.

**BOOTCAMP:**

Boot Camp is a fun, vigorous and full body workout. A circuit based class ranging from intense cardio to strength moves.

**BODY SCULPT:**

Using free weights and other exercise equipment, this class will help you tone and sculpt your entire body. It focuses on proper technique of a variety of exercises while still providing a challenge. All fitness levels are welcome.

**CARDIO STRENGTH:**

Want a full body work out with pain free exercises? This class focuses on whole body strength and cardio exercises to help maintain and increase current health and fitness levels. All fitness levels are welcome.

**CORE STRENGTH:**

Strengthen all the muscles that support you! A strong core equals a stable body for all the things you do, in and out of the gym. With flexibility training and core targeted exercises, you've got a great class that ensures you're not overlooking the important details. All levels welcome.

**FELDENKRAIS:**

This holistic body-centered approach aims to integrate and transform self through movement and awareness practices. Students will engage in precisely structured movement explorations that involve thinking, sensing, moving, and imagining. Each lesson consists of comfortable, easy movements that gradually evolve into movements of greater range and complexity.

**PILATES:**

The Pilates method seeks to develop controlled movement from a strong core. Pilates focuses on developing the deep stabilizing muscles of the torso and strengthening core abdominal and back muscles. It is suitable for people of a wide fitness range.

**POSTURE FITNESS:**

Feel younger and more energetic in your body when you have less pain, more strength and greater range of motion. This mat class focuses on stretching and strengthening exercises for all levels and emphasizes joint mobility and stability using Egoscue Method® exercises.

**POWER YOGA:**

A traditional fast moving Ashtanga practice that will make you sweat while transitioning from pose to pose. Focusing on the breath is a must during Power Yoga. This class is open to all levels.

**PURE BARRE:**

Barre class is inspired by dancers and their long, lean musculature. Utilizing small movements that rely on the smaller muscles, you can get the same look and create a great core-stabilizing system for all the activities you do.

**RESTORATIVE/ YIN YOGA, YOGA AND THE BREATH & HATHA YOGA:**

Yoga for all levels. Learn to stretch, strengthen, balance and become more flexible through Asana's (postures) and the breath in a gentle manner.

**SPIN:**

Indoor Cycling is great exercise for people of all abilities and fitness levels. Featuring the same low-impact workout and great aerobic benefits as road or mountain biking outdoors.

**SUNRISE CIRCUIT:**

A guided cardio and strength conditioning class designed for a full body workout. Open to all fitness levels.

**TURBOKICK:**

A full body, high intensity class that combines kickboxing with simple dance moves to sculpt and tone your body. This class is challenging and fun all at the same time and is open to all fitness levels.

**ZUMBA:**

The Zumba® program fuses hypnotic Latin rhythms and easy-to follow moves to create a one-of-a-kind fitness program. Get ready to dance!