



BCRD FitWorks Class Schedule

Monday	Sunrise Circuit 5:45-6:45am Linda Schulz Open	Spin 9:00-10:00am Heather Stanton 10/2	Body Sculpt 12:00-1:00pm Katie Purdy Open	Feldenkrais 4:00-5:00pm John Vladimiroff Open		
	Turbokick 5:45-6:45am Linsey Nelson Open	Restorative/Yin Yoga 9:00-10:15am Tyia Wilson Open	Zumba 9:00-10:00am Priscilla Sheerin Open	Pilates 12:00-1:00pm Susan Carlson Open	Pure Barre 12:00-1:00pm Katie Purdy Open	Cardio Strength 5:30-6:30pm Linda Schulz Open
Wednesday	Sunrise Circuit 5:45-6:45am Linda Schulz Open	Spin 9:00-10:00am Jennifer Schwartz 10/4	Zumba 9:00-10:00am Amber Morgan Open	Posture Fitness 12:00-1:00pm Kathryn Goldman Open	Body Sculpt 12:00-1:00pm Katie Purdy Open	Power Yoga 5:30-6:30pm Tyia Wilson Open
	Turbokick 5:45-6:45am Linsey Nelson Open	Yoga and the Breath 9:00-10:15am Victoria Roper Open	Boot Camp 12:15-12:45pm Katie Purdy Open	Pilates 12:00-1:00pm Susan Carlson Open	Cardio Strength 5:30-6:30pm Linda Schulz Open	
Thursday	Sunrise Circuit 5:45-6:45am Linda Schulz Open	Spin 9:00-10:00am Jennifer Schwartz 10/6	Zumba 9:00-10:00am Amber Morgan Open	Hatha Yoga Workshop 11:00-1:00pm Tyia Wilson Open	Body Sculpt 12:00-12:30pm Nicole Fisher Open	Core Strength 12:30-1:00pm Nicole Fisher Open
	Cardio Strength 9:00-10:00am Linda Schulz Open					
Friday						
Saturday						

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

Please check www.bcrd.org for updates or call BCRD @ 208-578-2273

BOOTCAMP:

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

**Warning: There are many high impact exercises involved in Boot Camp. This class is not recommended for chronic back and knee injuries or rehabilitation purposes.*

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 strength and cardio exercises to help maintain and increase current fitness levels. The use of free weights and other equipment is combined with body weight exercises to provide a variety of strengthening techniques for your whole body. 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. Exercises aim for elegant sufficiency of movement. 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!