



# FitWorks

## CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6:00 - 7:00 am</b>		6:00 - 6:45 <b>SUNRISE CIRCUIT</b> Linda Schultz *No class Oct 11		6:00 - 6:45 <b>SUNRISE CIRCUIT</b> Linda Schultz *No class Oct 6 & 13		
<b>9:00 - 10:00 am</b>	<b>H.I.I.T</b> Janelle Conners	<b>SLOW FLOW YOGA</b> Jennifer Kuhlmann	<b>H.I.I.T</b> Janelle Conners	9:00 - 10:15 <b>YOGA &amp; BREATH</b> Victoria Roper	<b>H.I.I.T</b> Janelle Conners	9:15 - 10:15 <b>YOGA</b> Tom Downey
<b>12:00 - 1:00 pm</b>	<b>H.I.I.T</b> Janelle Conners	<b>PILATES</b> Robyn Marelli	<b>H.I.I.T</b> Janelle Conners	<b>H.I.I.T</b> Janelle Conners <b>PILATES</b> Robyn Marelli	<b>H.I.I.T</b> Janelle Conners	
<b>4:15 - 5:15 pm</b>	<b>CARDIO STRENGTH</b> Jennifer Kuhlmann	<b>YOGA &amp; BREATH</b> Victoria Roper *Starts 9/20		<b>SPIN</b> Jennifer Kuhlmann	<div style="border: 2px solid orange; padding: 10px; text-align: center;"> <p>FALL 2022 SCHEDULE \$8/drop-in class</p> <p><b>COLOR: Large Studio</b></p> <p><b>COLOR: Small Studio</b></p> </div>	
<b>5:30 - 6:30 pm</b>	<b>FELDENKRAIS</b> John Vladimiroff	<b>PILATES</b> Robyn Marelli	<b>CARDIO STRENGTH</b> Jennifer Kuhlmann	<b>STRETCH, ROLL &amp; RELEASE</b> Robyn Marelli <b>ZUMBA™</b> Erika Kuhlman		



# FitWorks Classes

## **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.

## **FELDENKRAIS:**

Engage in precisely structured movements that involve thinking, sensing, and imagining. Each lesson consists of easy movements that gradually evolve to incorporate a greater range of motion and complexity.

## **H.I.I.T:**

This fast-paced, high intensity interval class combines vigorous bursts of functional movement (like squats and lunges) with short rests or slower paced activity. H.I.I.T. training boosts your metabolism, strengthens your heart and builds muscular fitness.

## **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.

## **SLOW FLOW YOGA:**

Slow flow yoga is a creative, therapeutic flow designed to bring balance to the body and mind through holding poses. When we slow down and relax the nervous system, we focus on our breath and you become stronger mentally and physically. Slow flow yoga practice is designed for anyone new to yoga or looking to get back to the basics.

## **STRETCH, ROLL, & RELEASE:**

Increase range of motion and flexibility, decrease muscle stiffness, improve balance, relieve joint pains, release trigger points and minimize aching/tight muscles by using your own body weight, breath work and tools like the resistance band, foam roller and balls.

## **SUNRISE CIRCUIT:**

A guided cardio and strength conditioning class designed for a full body workout. All fitness levels welcome.

## **YOGA and YOGA & THE BREATH:**

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

## **ZUMBA™:**

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

## **Covid-19 PROTOCOLS**

Please visit [www.bcrd.org/fitworks.php](http://www.bcrd.org/fitworks.php) for up-to-date information on the FitWorks Covid-19 protocols.

We are limiting class sizes to allow for 6 feet of distancing between participants. Classes will be on a first come first serve basis.

Please bring your own mat, towel, and water bottle.