



# FitWorks

## CLASS SCHEDULE

**Summer Hours**  
 Mon, Wed, Fri 7:00 am - 7:00 pm  
 Tues, Thurs 6:00 am - 7:00 pm  
 Sat 9:00 am - 3:00 pm  
 Sunday CLOSED

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 7:00 am						
9:00 - 10:00 am	<b>H.I.I.T</b> Janelle Conners	<b>SLOW FLOW YOGA</b> Jennifer Kuhlmann	9:00 - 10:15 <b>YOGA &amp; BREATH</b> Victoria Roper <b>H.I.I.T</b> Janelle Conners		<b>H.I.I.T</b> Janelle Conners	9:15 - 10:15 <b>YOGA</b> Tom Downey
12:00 - 1:00 pm	<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	
4:15 - 5:15 pm	<b>CARDIO STRENGTH</b> Jennifer Kuhlmann				<div style="border: 2px solid orange; padding: 10px; text-align: center;"> <p>SUMMER 2022 SCHEDULE            \$8/drop-in class  <b>COLOR: Large Studio</b>  <b>COLOR: Small Studio</b></p> </div>	
5:30 - 6:30 pm			<b>CARDIO, STRENGTH CIRCUIT</b> Jennifer Kuhlmann			



# FitWorks Classes

**CARDIO, STRENGTH CIRCUIT:** Cardio, Strength Circuit is a high energy and fast paced class that involves working through a variety of strength, cardio and core exercises. This class is a challenging workout for all fitness levels.

**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.

**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.

**ROWING FITNESS:**

Rowing Fitness focuses on the fundamentals of the rowing stroke and body movement to engage a full body motion. Rowing is non impact and great crossover training, especially if you are working out an injury and want to avoid impact activity. We will also incorporate off Erg workouts to help stabilizing muscles and flexibility. Rowing is one of the most full body movements and done correctly can be a great addition to overall muscle stability.

**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.

**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.

**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.