



May Group Fitness Begins Monday 5/6 Becker Community Center

Monday

TIME	CLASS	LOCATION
5:15AM	Morning Madness-Tiffany LVL 2	GYM
8:00AM	SAIL-Mary LVL 0-1	GYM
8:30AM	Aqua Jam-Laneen LVL 1-2	BCC POOL
9:30AM	Cycle & Sculpt-Tracey LVL 2	GYM SIDE B
9:30AM	Yoga-Hannah LVL 1-2 NC 5/20	MEETING ROOM
10:35AM	Core Express-Tracey LVL 2-3	GYM SIDE B
6:00PM	Refit®-Patti LVL 1	GYM SIDE B

Tuesday

TIME	CLASS	LOCATION
5:15AM	Rise & Grind-Renee LVL 2	GYM
7:30AM	Boosted Walk-Mary LVL 1	GYM
8:15AM	RIP Combo-Becky LVL 2	GYM
8:30AM	Aqua Jam - Laneen LVL 1-2	BCC POOL
9:30AM	Seated Ball Exercise- Mary LVL 0- 1	GYM SIDE B
5:00PM	Tabata- Tracey LVL 2-3	MEETING ROOM
5:30PM	Indoor Cycling - Becky LVL 1	GYM SIDE B
6:30PM	YinYasa Power-Hannah LVL 2 NC 5/21 & 5/28	MEETING ROOM

Wednesday

TIME	CLASS	LOCATION
5:15AM	Cycle & Sculpt-Heather LVL 3	GYM
8:00AM	SAIL - Becky LVL 0-1	GYM
9:15AM	Tabata/Strength-Jaimie LVL 3	GYM SIDE B
9:30AM	Yoga-Hannah LVL 1-2 NC 5/22 & 5/29	MEETING ROOM
10:30AM	Kids Zone-Hannah YOUTH 4+ NC 5/22 & 5/29	GYM
10:30AM	Zumbini-Laneen 0-4 year olds	MEETING ROOM
5:45PM	TBC - LVL 2 Tiffany & Renee	GYM
6:30PM	Titanium®- Tiffany & Renee LVL 3	GYM SIDE B

MAY YOUTH FITNESS

Kids Zone at the Becker Community Center at 10:30am for youth ages 4-10. This class is great for home schooled children looking for fun physical activity!

ALL youth classes are FREE to members or \$10 non-members.

Our **Youth Fitness Mentors** are taking clients ages 12-15!

MENTORSHIP TRAINING INFORMATION AVAILABLE ONLINE

ALL YOUTH NEED A FITNESS ORIENTATION BEFORE USING THE FITNESS ROOMS. MUST BE 12 YEARS OLD!

Thursday

TIME	CLASS	LOCATION
7:30AM	Boosted Walk-Mary LVL 1	GYM
8:15AM	Indoor Cycling-Becky LVL 1	GYM
9:15AM	Silver Sneakers® Yoga-Becky LVL 0-1	GYM
5:00PM	Tabata- Tracey LVL 2-3	MEETING ROOM

Friday

TIME	CLASS	LOCATION
8:15AM	Spartacus - Becky LVL 1-2	GYM
9:30AM	Yoga-Hannah LVL 1-2 NC 5/24 & 5/31	MEETING ROOM
10:30AM	Kids Zone-Hannah-LVL 1	GYM

Saturday

TIME	CLASS	LOCATION
8:15AM	Variety Classes- Variety of Instructors LVL 2-3 NC 5/11	GYM
9:05AM	Titanium®Boxing- Tiffany 5/4 & 5/25 ONLY	GYM SIDE B
10:00AM	Ride & Renew- Amanda LVL 2	GYM SIDE B

Non-Member Class Fees	Adult	Youth/Senior
Single Class	\$10.00	\$8.00
5 Classes	\$45.00	\$36.00
10 Classes	\$90.00	\$72.00

NO FITNESS CLASSES 5/11 OR 5/27!

ONLINE CLASS RESERVATIONS!

Class reservations are all online! Please go to the Becker Community Center website to complete your class registrations.

SAIL, ALL Silver Sneakers®, Cycle & Sculpt, Indoor Cycling, Pedal Power, Rhythm Cycle and Seated Ball Exercise, require you to reserve equipment!

Classes are rated based on intensity. Anyone can participate in these classes, but they are given a level for your reference.

AQUA JAM/WATER AEROBICS: High energy aerobic workout for non-swimmers & swimmers. Water weights, pool noodles and other water equipment may be used during class. 50 minutes

BOOSTED WALK: A cardio regiment allowing for slow to fast walking in sequence minute arrangements. This class allows for strength training in intermittent patterns. 30 minutes.

ALL BOXING: Ranging from 30-45 minutes, a class filled with cardio and strength intervals using basic boxing combos of punching and kicking to strengthen your core and give you an all body workout. **TITANIUM®BOXING:** A high intensity Tabata style workout guaranteed to challenge you. No weights used. **BOXING GLOVES ARE REQUIRED! FEW GLOVES AVAILABLE FOR USE ON A FIRST COME FIRST SERVED BASIS!**

CORE EXPRESS: A quick class designed to focus on strengthening core muscles. 30 minutes.

CYCLE & SCULPT: Energize yourself with 30+ minutes of cardio conditioning & 20 minutes of strength training. All levels will feel appropriately challenged. 50-60 minutes.

INDOOR CYCLING: A cardio workout on a fully adjustable stationary bike. This workout will take you on flat roads to climbing hills. Perfect for all fitness levels. 45-50 minutes.

MORNING MADNESS: Instructors choice of class. 45 minutes.

REFIT®: Refit® class combines fun cardio movements with toning, flexibility, strength training and stretching for one power-packed hour. 60 minutes.

RIDE & RENEW: Combines the benefits of an intense cycling workout with counter-balancing yoga poses to restore the body. 45-50 minutes.

RISE & GRIND: Strength training exercises and motivating moves to help get your body moving in the morning. 45 minutes.

RIP COMBO: This class will combine the use of suspension straps with a variety of other equipment and exercises to challenge your core, cardiovascular & muscular strength. 50-60 minutes.

S.A.I.L: This program is a great class for adult 65+. SAIL consists of exercises that improve strength, balance, and fitness. SAIL-Staying Active and Independent for Life. 60 minutes.

SEATED BALL EXERCISES: Using small balls while seated, the goal of this class is to improve flexibility and range of motion in older adults. 30 minutes

SILVER SNEAKERS YOGA: This class will move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of motion. 50—60 minutes.

SPARTACUS: This workout features metabolic circuits or fast paced weight training routines that combine cardio and weight training into one workout that does it all! 45-50 minutes.

TABATA/STRENGTH: A HIIT workout that aims to yield the most benefits in a short amount of time. 60 minutes.

TBC: Total Body Conditioning: A workout designed to produce all around body results. 45-50 minutes.

VARIETY CLASSES: Challenge your body with this weekend kick start boot camp style class. 45 minutes.

YINYASA POWER YOGA: Using guided meditation, strength and breath work, YinYasa focuses on enhancing your body and mind. Yoga blocks, bolsters and blankets are available for use during class. 45 minutes.

Zumbini: An early childhood development program. focused on movement and music for children ages 0. to 4 years. 60 minutes