



July Group Fitness Begins Monday 7/8

Becker Community Center

Monday

TIME	CLASS	LOCATION
5:15AM	Morning Madness-Tiffany LVL 2	GYM
8:15AM	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	MEETING ROOM
10:40AM	Kids Zone- FOR YOUTH 4+	OUTSIDE
10:35AM	Core Express-Tracey LVL 1-2	GYM SIDE B
6:00PM	Refit®-Patti LVL 1	GYM SIDE B

Tuesday

TIME	CLASS	LOCATION
5:15AM	Rise & Grind-Renee LVL 2	GYM
7:00AM	Get Lost in the City-Mary LVL 1	Lobby
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	MEETING ROOM

Wednesday

TIME	CLASS	LOCATION
5:15AM	Cycle & Sculpt-Heather LVL 3	GYM
8:15AM	SAIL - Becky LVL 0-1	GYM
9:30AM	Tabata/Strength-Jaimie LVL 3	GYM SIDE B
9:30AM	Yoga – Hannah LVL 1-2	MEETING ROOM
10:40AM	Kids Zone-Hannah YOUTH 4+	GYM
10:30AM	Zumbini-Laneen 0-4 Year Olds	MEETING ROOM
5:45PM	TBC- Tiffany & Renee LVL 2	GYM
6:30PM	Titanium® Boxing-Tiffany & Renee	GYM SIDE B

JULY YOUTH FITNESS

Kids Zone at the Becker Community Center at 10:40am for youth ages 4-10. Please register online!

Zumbini is a great class for newborns through 4 years old. Please register online!

Our **Youth Fitness Mentors** are taking clients ages 12-15! More information on our website.

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

Thursday

TIME	CLASS	LOCATION
7:30AM	Tai Chi/Stepping-Mary LVL 1	MEETING ROOM
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
6:30AM	Pilates-Juliana LVL 1-2	MEETING ROOM
8:15AM	Spartacus- Becky LVL 1-2	GYM

Saturday

TIME	CLASS	LOCATION
8:15AM	7/13: Pilates w/Juliana 7/20: Bootcamp w/Tiffany followed by Titanium Boxing 7/27: Cycle & Core w/Tiffany	GYM

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

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, Ride & Renew 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 CLASSIC/SENIOR CIRCUIT: Classic: Increase strength & range of motion, most done while sitting. Circuit: Increase cardiovascular & muscular endurance with a standing workout. 50-60 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 0-4 years. 60 minutes.