



# FitWorks

## CLASS SCHEDULE

**Fall Hours (Sept 14 - Nov 1)**  
 Monday-Friday 6:00 am - 7:00 pm  
 Saturday 9:00 am - 3:00 pm  
 Sunday CLOSED

**Winter Hours (Starting Nov 2)**  
 Monday-Friday 6:00 am - 8:00 pm  
 Saturday 9:00 am - 3:00 pm  
 Sunday 9:00 am - 3:00 pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6:00 - 6:45 am</b>		<b>M.I.I.T</b> Linda Schultz		<b>M.I.I.T</b> Linda Schultz		
<b>9:00 - 10:00 am</b>	<b>SPIN</b> *starts Oct 5 Heather Stanton <b>DEEP STRETCH YOGA</b> Rhae Young	<b>SLOW FLOW YOGA</b> Jennifer Kuhlmann	<b>SPIN</b> *starts Oct 7 Jennifer Schwartz	<b>YOGA &amp; BREATH</b> 9:00 - 10:15 Victoria Roper	<b>SPIN</b> *starts Oct 9 Jennifer Schwartz <b>YOGA</b> Shawn Phillips	<b>FITNESS FLOW YOGA</b> 9:15 - 10:15 Tom Downey
<b>12:00 - 1:00 pm</b>	<b>HIIT</b> Janelle Conners	<b>BARRE</b> Heather Stanton <b>PILATES</b> Robyn Marelli	<b>BODY SCULPT</b> Heather Stanton <b>POSTURE FITNESS</b> Kathryn Goldman	<b>HIIT</b> Janelle Conners <b>PILATES</b> Robyn Marelli	<b>BODY BALANCE</b> 12:15 - 1:00 Heather Stanton	
<b>4:15 - 5:15 pm</b>	<b>CARDIO STRENGTH</b> Jennifer Kuhlmann	<b>YOGA</b> Victoria Roper	<b>BARRE</b> Rhae Young	<b>SPIN &amp; SCULPT</b> *starts Oct 8 Jennifer Kuhlmann	<div style="border: 2px solid yellow; padding: 10px;"> <p><b>FALL/WINTER 2020/21 SCHEDULE</b></p> <p>\$8/drop-in class</p> <p><b>COLOR: Large Studio</b></p> <p><b>COLOR: Small Studio</b></p> <p><b>COLOR: Zoom</b></p> <p>ZOOM LOGIN INFO ON PAGE 3</p> </div>	
<b>5:30 - 6:30 pm</b>	<b>PILATES</b> Robyn Marelli		<b>FELDENKRAIS</b> *starts Oct 7 John Vladimiroff			



# FitWorks Classes

## **BARRE:**

Barre 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.

## **BODY BALANCE:**

Aim to increase strength and muscle tone and improve joint mobility and muscle flexibility. This class helps to reduce stress levels and improve mental well-being. With strength, flexibility and a calm mind, the body is brought into balance.

## **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.

## **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.

## **DEEP STRETCH YOGA:**

This accessible class emphasizes floor postures and focused stretching that targets primary muscle groups surrounding hips, hamstrings, and back muscles. Most poses are held for 1-2 minutes, which gives the body time to fully relax and open.

## **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.

## **FITNESS FLOW YOGA:**

This intermediate level class is designed to increase your heart rate, tone your muscles and build flexibility. A series of movements connected to the breath will leave you feeling challenged and restored.

## **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.

## **M.I.I.T:**

Moderate Intensity Interval Training, this is a fast paced moderate intensity interval class. This class is similar to H.I.I.T training but has been modified to use moderate impact exercises. M.I.I.T offers all the same benefits as a H.I.I.T class it boosts your metabolism, strengthens your heart, and builds muscular fitness with less impact.

## **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.

## **POSTURE FITNESS:**

Get more out of 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.

## **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.

## **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.

## **SPIN & SCULPT:**

Enjoy a great cardio workout on the bike followed by the use of free weights and floor exercises to help strengthen the whole body. You get a great cardio and strength workout all in a one hour block of time. This is a great low impact workout for all fitness levels.

## **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** You are required to wear a mask to enter the Community Campus. Once you are in FitWorks and actively working out, you can remove the mask as long as you can maintain 6 feet of distance from others.

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.



# BCRD FitWorks Zoom Workouts

*Pursue the Active Life*

[www.bcrd.org](http://www.bcrd.org) (208) 578-2273

### Get ready for your class:

- Download or log into the Zoom app <https://zoom.us/>. It's easy and free!
- Once you are setup, use the join a meeting tab. You will enter the Meeting ID and Password and you're ready!
- Set up your own music before class: play something you normally listen to like a playlist on Pandora, Spotify, or whatever you like.
- Collect your recommended items for class, there are different options so you can improvise!

### Helpful tips:

- If you have never used Zoom before, plan to start setting yourself up 15 minutes before class.
- You can download Zoom on any computer, phone or tablet.

BCRD is happy to offer our Zoom classes free to the community. If you would like to support our classes to offset our expenses, you may register for a FitWorks Plus membership at the FitWorks front desk, or you can make a donation of \$5 or more per class [on our website](#), or via Paypal:



[bit.ly/BCRD\\_Donate](http://bit.ly/BCRD_Donate)

[bit.ly/BCRD\\_PayPal](http://bit.ly/BCRD_PayPal)

Day	Time	Class	Meeting ID	Password
<b>Monday</b>	9:00	<b>Deep Stretch Yoga</b> Rhae Young  Bring yoga mat or towel, yoga strap or belt, bolster or pillow	816-031-865	715195
<b>Tuesday</b>	12:00	<b>Pilates</b> Robyn Marrelli  Bring small ball, stretchy band, yoga mat, light weights	319-047-131	362925
<b>Wednesday</b>	12:00	<b>Posture Fitness</b> Kathryn Goldman  Bring yoga mat or towel, chair	386-478-025	543699
	4:15	<b>Barre</b> Rhae Young  Bring yoga mat, light weights, chair	872-3901-2349	446461
<b>Thursday</b>	12:00	<b>Pilates</b> Robyn Marrelli  Bring small ball, stretchy band, yoga mat, light weights, foam roller	672-848-105	519893