BCRD
Pursue the Active Life

FitWorks
WEEKLY CLASS SCHEDULE

Mon-Fri 6:00 am-7:00 pm
Sat-Sun 8:00 am-4:00 pm
bcrd.org • (208) 578-2273

MONDAY

6:00-7:00 am Mon Wed Fri	**BUILDING STRENGTH** Eduardo Zavala	LS
9:00-10:00 am Mon Wed Fri	**H.I.I.T.** Janelle Conners	LS
9:00-10:00 am Mon Wed Fri	**CSI FOREVER FIT** Robyn Marelli	G
9:00-10:15 am Mon	**KUNDALINI YOGA** Marie Stewart	SS
10:30-11:30 am Mon Wed Fri	**SENIOR STRENGTH** Robyn Marelli	LS
12:00-1:00 pm Mon Wed Fri	**H.I.I.T.** Janelle Conners	LS
4:15-5:15 pm Mon	**FELDENKRAIS** John Vladimiroff	SS
5:30-6:30 pm Mon	**CIRCUIT STRENGTH** Jennifer Kuhlmann	LS

TUESDAY

6:00-7:00 am Tues Thurs	**H.I.I.T.** Janelle Conners	LS
9:00-10:00 am Tues	**SLOW FLOW YOGA** Jennifer Kuhlmann	SS
10:15-11:15 am Tues Thurs	**CARDIO DANCE** Amanda Wilson	LS
12:00-1:00 pm Tues Thurs	**BUILDING STRENGTH** Yadi Spangenberg	LS
12:00-1:00 pm Tues Thurs	**PILATES** Robyn Marelli	SS

WEDNESDAY

6:00-7:00 am Mon Wed Fri	**BUILDING STRENGTH** Eduardo Zavala	LS
9:00-10:00 am Mon Wed Fri	**H.I.I.T.** Janelle Conners	LS
9:00-10:15 am Wed	**FUNCTIONAL YOGA** Jessica Kisiel Dec 2- Feb 24	SS
9:00-10:00 am Mon Wed Fri	**CSI FOREVER FIT** Crystal Fuller	G
10:30-11:30 am Mon Wed Fri	**SENIOR STRENGTH** Crystal Fuller	LS
12:00-1:00 pm Mon Wed Fri	**H.I.I.T.** Janelle Conners	LS
1:00-1:30 pm Wed Fri	**BUILDING STRENGTH** Janelle Conners	LS
5:45-6:15 pm Wed	**COUNTRY LINE DANCE** (Beginner) PamelaAnn	SS
6:15-7:00 pm Wed	**COUNTRY LINE DANCE** (Intermediate) PamelaAnn	SS

THURSDAY

6:00-7:00 am Tues Thurs	**H.I.I.T.** Janelle Conners	LS
9:00-10:15 am Thurs	**YOGA and the BREATH** Victoria Roper	SS
10:15-11:15 am Tues Thurs	**CARDIO DANCE** Amanda Wilson	LS
12:00-1:00 pm Tues Thurs	**BUILDING STRENGTH** Yadi Spangenberg	LS
12:00-1:00 pm Tues Thurs	**PILATES** Robyn Marelli	SS

FRIDAY

6:00-7:00 am Mon Wed Fri	**BUILDING STRENGTH** Eduardo Zavala	LS
9:00-10:00 am Mon Wed Fri	**H.I.I.T.** Janelle Conners	LS
9:00-10:00 am Mon Wed Fri	**CSI FOREVER FIT** Crystal Fuller	G
10:30-11:30 am Mon Wed Fri	**SENIOR STRENGTH** Crystal Fuller	LS
12:00-1:00 pm Mon Wed Fri	**H.I.I.T.** Janelle Conners	LS
1:00-1:30 pm Wed Fri	**BUILDING STRENGTH** Janelle Conners	LS

SATURDAY

9:15-10:30 am Sat	**YOGA** Tom Downey	SS

LS - LARGE STUDIO

SS - SMALL STUDIO

G - GYMNASIUM

Basic Membership: Includes weight machines, cardio equipment, and open gym.

Plus Membership: Includes weight machines, cardio equipment, open gym, pickleball, and unlimited fitness classes.

PRICING	BASIC MEMBERSHIP			PLUS MEMBERSHIP			DROP IN - DAY PASS	
	AUTO/MO.	MONTHLY	ANNUAL	AUTO/MO.	MONTHLY	ANNUAL	BASIC	PLUS
ADULT	$25	$30	$234	$45	$50	$390	$5	$8
SENIOR (62+)	$20	$25	$195	$35	$40	$312	$4	$8
STUDENT (HS)	$20	$25	$100	$35	$40	$100	$4	$8

FitWorks Classes

CIRCUIT 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.

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.

COUNTRY LINE DANCE:
BEGINNER - Perfect for first-timers. Learn the basics of country line dancing with PamelaAnn and her Texas flair. Enjoy easy steps, upbeat music, and a welcoming, social atmosphere. No partner required. Clean shoes or boots required.
INTERMEDIATE - For dancers ready to advance. Faster-paced choreography, dynamic music, and more challenging combinations build fitness, coordination, and confidence. No partner required. Clean shoes or boots required.

CSI FOREVER FIT:
Welcome to an award-winning program that emphasizes walking as low-impact cardiovascular movement, as well as stretching and resistance training. This program serves older adults with varying levels of functioning abilities and is sponsored by the College of Southern Idaho. $20/Session - (208) 732-6855

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.

H.I.I.T:
This fast-paced, High Intensity Interval Training 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.

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.

SLOW FLOW YOGA:
Slow flow yoga emphasizes holding poses to balance both body and mind, with a focus on breath to strengthen mentally and physically.

FUNCTIONAL YOGA:
Expand your capacity to be active and recover through improved mobility, structural alignment, balance, movement efficiency, and self-awareness. Functional Yoga focuses on the purpose and feeling of the poses over aesthetics. Class includes exercises from the posture-based therapy, the Egoscue Method©.

YOGA SCULPT:
Yoga Sculpt merges the mindful flow of traditional yoga with strength training intensity using hand weights. This class offers a balanced approach to flexibility and muscle toning, leaving participants feeling rejuvenated.

KUNDALINI YOGA:
Yoga of Awareness An uplifting blend of spiritual and physical practices incorporating movement, dynamic breathing techniques, meditation and the chanting of mantras with the goal of building physical vitality and conscious awareness.

BARRE:
Barre class melds ballet-inspired grace with fitness, focusing on flexibility, muscle strengthening, and low-impact joint care. Suitable for all levels, expect improved posture, core strength, endurance, and a harmonious balance.

SPIN:
Feel the electrifying energy as you blend endurance with power-building sequences. Syncing your pulse to the rhythm of the beat, experience exhilarating sprints and formidable climbs. Once you step out of the saddle, the countdown begins, eager for the rush of the next ride.

CARDIO DANCE FITNESS:
Get fit in body, mind, and spirit to great music! This heart-pumping class with a Latin flair will get you moving to all kinds of beats. Open to all fitness levels, it's like a night out dancing—minus the hangover. Come dance your booty off with us!

SENIOR STRENGTH:
Senior Strength focuses on reversing muscle loss and boosting metabolism through tailored resistance exercises for individuals 50 and beyond. This program aims to enhance bone density, reduce fat, and foster a more vibrant, active you.

BUILDING STRENGTH:
A full body strength workout to build muscle. This class will offer a variety of different strength exercises using various equipment such as dumbbells, kettlebells, barbells, resistance bands, and body weight.