



BLACK HAWK
COUNTRY CLUB

GROUP EX SCHEDULE

Revised 11-2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	CYCLE (45 min) Jennifer		CYCLE/STRENGTH (75 min) Greg		CYCLE CIRCUITS Greg	
6:45- 7:15am	MUSCLES/STRETCH! (30 min) Jennifer					
8:00am	BARBELL Bonnie				(8:30) CORE Julie	
9:00am	REBOUNTING Lauri	CYCLE CIRCUITS Jennifer	BARBELL Bonnie	CYCLE (45 min) Lauri	TRIPLE THREAT Julie	CSI Instructor Rotation
10:00am	BARRE SCULPT <i>EXPRESS</i> (30 min) <i>Please be warmed up prior to class</i>	YOGA Bridget	YOGA-LATES Bridget	9:45 BARRE SCULPT (45 min)	YOGA Paola	Yoga Tracy
5:00pm		BARRE SCULPT Sally				
5:30pm	ZUMBA Brandy		ZUMBA TONING Sydney	PILOXING* BARRE Sydney		
6:30pm	YOGA Paola		YOGA Paola			

***New Class, Instructor or Time!**

All classes are 55 minutes if back to back or 1 hour unless otherwise noted.

Please see Class Descriptions on the back of the schedule.

Please contact our Fitness Manager, Jennifer Ramsey at 281.340.7257 or via email, jramsey@bhawkcc.com for any questions or comments!

CLASS DESCRIPTIONS

CARDIO

CSI (Cardio Strength Intervals): This intense class combines intervals of cardio and strength work utilizing a variety of equipment. Take your fitness to the next level!

Rebounding: Stop running and start jumping into shape! Get your cardio workout on our mini-trampoline. Easy to follow, fun and non-impact. All levels welcome!

Zumba: A Latin inspired dance program incorporating hip-hop, samba, salsa, merengue, mambo, martial arts, and some Bollywood and belly dance moves. Squats and lunges could also be included.

Zumba Toning: The challenge of adding resistance by using light weights helps you focus on specific muscle groups, so you, and your muscles stay engaged!

STRENGTH AND SCULPTING

Barbell : A high rep barbell workout designed for a full body weight training program. This workout focuses on strengthening all the major muscle groups of the upper and lower body-improving strength and definition.

Barre Sculpt: Challenge the body's ability to work against gravity to lengthen and strengthen muscles and improve flexibility and posture.

Muscles!: This total body workout will train you for both strength and definition.

Piloxing Barre: An exciting new fitness barre workout using the fundamental disciplines of Pilates, Boxing and Dance.

Triple Threat: This high energy class incorporates 20 minutes of each—heart pumping cardio, challenging weights and core strengthening exercises.

CYCLE

Cycle: An intense workout on the bike incorporating various drills and riding terrains.

Cycle/Circuits: A combination of intense cycling intervals with strength circuits utilizing various forms of resistance and strength equipment.

Cycle/Strength: 10 minute cycling intervals alternating with 10 minutes of strength is a great combination of cardio and resistance training.

MIND/BODY

Athletic Yoga: This effective class integrates movement, strength and breath work to help athletes excel no matter their sport or ability. Benefits include improving balance, flexibility, power and stamina which can result in improved performance and injury reduction.

Yoga: An integration of the body, the mind, and spirit with emotion, action, and intelligence being in balance. The "Yogis" formulated a way to achieve and maintain this balance through exercise, breathing, and meditation- the three main Yoga structures.

Yoga-Lates: A combination of Yoga and Pilates this class includes yoga movements and poses to cultivate strength, stamina, stability and flexibility **with** Joseph Pilate's exercises building tone in the deeper postural "core" muscles.