

Group Fitness Class Schedule 2011- 2012



* BFR reserves the right not to hold a class with fewer than 3 in attendance

Water Exercise @ Maple Crest	Yoga Fit @ Bluffton Library	Class held in Fitness Center
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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM	Ultimate Fit*		Ultimate Fit*		Ultimate Fit*	
7:30AM	Total Body Conditioning	Total Body Conditioning	Total Body Conditioning	Total Body Conditioning	Total Body Conditioning	
8:00AM						
8:30AM	All Star Workout	Water Exercise II @ Maple Crest	All Star Workout	Water Exercise II @ Maple Crest	Yoga Fit	
9:00AM						Saturday Aerobic Mix
9:30AM	Water Exercise I @ Maple Crest	Water Exercise I @ Maple Crest	Water Exercise I @ Maple Crest	Water Exercise I @ Maple Crest		
10:00AM	Low Impact Aerobics			Strength & Flex		
11:00AM						
12:00PM						
1:00PM						
2:00PM						
3:00PM						
4:00PM						
5:00PM						
6:00PM	Water Exercise II (MC)	Zumba (c) Fitness		Cardio Sculpt		
6:30PM			Yoga Fit			
7:00PM	Ultimate Fit*	Ultimate Fit*		Ultimate Fit*		
8:00PM						

Childcare available: Monday, Wednesday, and Friday 8:30am-9:30am. Ultimate Fit requires separate registration.

Any Class Fitness Fees

Single Visit: \$5NM/\$3M 7 visits: \$35NM/\$21M 14 visits: \$60NM/\$36M 21 visits: \$85NM/\$50M 35 visits: \$120NM/\$70M