

ASHWAUBENON

Group Fitness

May 2022

MON

TUE

WED

THU

FRI

SAT

The Ride

w/ Dennis
Group Ex. Room
5:30-6:20 am

Fitness Intervals

w/ Dennis
Group Ex. Room
5:30 - 6:20 am

Cycle & Strength

w/ Stef
Group Ex. Room
8:00-8:50 am

Fitness Intervals

w/ Rick
Group Ex. Room
8:00-8:50 am

Move & Groove

w/ Ireta
Group Ex. Room
8:00-8:50 am

Fitness Intervals

w/ Rick
Group Ex. Room
8:00-8:50 am

The Ride

w/ Stef
Group Ex. Room
8:00-8:50 am

Super Saturday

Instructor Rotation
Group Ex. Room
8:00-9:00 am

Yoga

w/ Katie
Gymnasium
9:00-9:50 am

Yoga

w/ Rick
Group Ex. Room
9:00-9:50 am

Super Step & Complete Core

w/ Eydie
Group Ex. Room
9:00-9:50 am

Active Adults

w/ Andrea
Gymnasium
10:00-10:50 am

Silver Sneakers

w/ Katie
Group Ex. Room
10:00-10:50 am

Active Adults

w/ Andrea
Gymnasium
10:00-10:50 am

Silver Sneakers

w/ Liz
Group Ex. Room
10:00-10:50 am

Active Adults

w/ Katie
Gymnasium
10:00-10:50 am

Silver Fit & Strong

w/ Liz
Turf Area
10:30-11:00 am

Silver Fit & Strong

w/ Allyson
Turf Area
10:30-11:00 am

Gentle Chair Stretch

w/ Andrea
Group Ex. Room
11:00-11:30 am

Silver Sneakers

w/ Katie
Group Ex. Room
11:00-11:50 am

Gentle Chair Stretch

w/ Andrea
Group Ex. Room
11:00-11:30 am

Silver Sneakers

w/ Liz
Group Ex. Room
11:00-11:50 am

Gentle Chair Stretch

w/ Katie
Group Ex. Room
11:00-11:30 am

Move & Groove

w/ Ireta
Group Ex. Room
4:30-5:20 pm

Fitness Fusion

w/ Ireta
Group Ex. Room
4:30-5:20 pm

Barre Blend

w/ Ireta
Group Ex. Room
4:30-5:20 pm

Yoga

w/ Ashley
Group Ex. Room
5:30-6:20 pm

Bellin Fitness will be closed on Monday, May 30th in observance of Memorial Day

Class Descriptions

Active Adults – Maintain cardiovascular health and improve strength and flexibility while bringing ease to your everyday activities. The music will get you moving, and the friends will keep you coming back. All levels welcome.

Barre Blend – An effective, calorie-burning class combining ballet-inspired movements with Pilates, Yoga and total body movement. Raise the Barre high with a workout that will challenge you, inspire you and leave you feeling strengthened, stretched and invigorated! This class is ideal for all fitness levels.

Cycle & Strength – Cross training at its best! Gear up for the challenge by switching it up with this perfect cardio and strength combo. Work hard on and off the bike to get a total body workout!

Fitness Fusion— This class brings together several of your favorite workouts like kickboxing, step, weights, core, stretching, and more. It's a total body experience including strength, agility, endurance, balance, coordination, flexibility ...and some fun! All fitness levels are welcome.

Fitness Intervals – Class features time-based intervals of work and rest focusing on improving cardio and strength simultaneously. Challenge yourself as much or as little as you want in this full body workout!

Gentle Chair Stretch & Mobility – Similar to Gentle Chair Yoga class with less emphasis on traditional yoga and more on relaxation and stretching. All levels welcome.

Super Step & Complete Core — Join Eydie as she takes you through an intermediate to advanced step routine followed by a complete core workout. This fast-paced class is guaranteed to burn calories, build your cardiovascular endurance and strengthen your ENTIRE core; front to back and side to side.

Move & Groove – Get into the groove and get moving with this Zumba® dance-inspired fitness class. Using fast and slow rhythms, you will have tons of fun while toning your entire body. No experience needed...all levels welcome!

Silver Fit & Strong – A twist on our Silver Circuit Class that was previously offered. Get your heart rate up and improve functional strength and mobility. Have a better understanding of how to complete basic, everyday functional movements that will help strengthen your body.

SilverSneakers® Classic – Increase muscular strength, range of movements and activity for daily living. Build functional strength using hand-held weights, elastic tubing, and a ball for resistance. A chair is used for seated and/or standing support. Perfect for beginners but all levels welcome!

The Ride – Outdoor cycling with indoor comfort. An amazing cardio workout filled with intervals, hill climbs, speed work, and endurance training. You control the intensity of the ride, we control the “bumps and curves” in the road.

Yoga – A mind/body exercise focusing on improving your flexibility, strength and balance while enhancing your posture, coordination and mental focus.