

MON	TUE	WED	THU	<p align="center">Bluefield Fitness and Recreation Center</p> <p align="center">Evening July 2018 Group Exercise</p>
<p>2 Fitness Center is closed today.</p> <p>Relocation begins to Youth Center on Stadium Drive</p>	<p>3 Fitness Center is closed today.</p> <p>Relocation begins to Youth Center on Stadium Drive</p>	<p>4 Happy 4th of July!</p> <p>Fitness and Rec Center Closed Today!</p>	<p>5 Reopens at 5 a.m. at Youth Center! 5:30 Power Pump 6:30 ZUMBA No Yoga tonight!</p>	<p>GROUP EXERCISE CLASS DESCRIPTIONS</p> <p>ACCELERATE- is a mix of weights and cardio including Boot camp, HIIT, Tabata, running & ropes workouts for complete workout!</p> <p>CARDIO COMBO-Combination that include various cardio moves, toning, weights, abs & stretch! (formally called Power Pump)</p> <p>DEEP WATER AEROBICS-Meets in the therapy pool. The class focuses on: full range of motion, no impact and core workout</p> <p>INDOOR CYCLE-Instructor will lead you the class in different variations and drills on the bikes. The class is limited to 14 participants.</p> <p>POWER PUMP- is a group weight workout. The class will use 3lb barbells. 2.5, 5 and 10 lb plates can be added. Total Body Workout . Power Pump will meet in the Group Ex Room</p> <p>SPARTAN- Official training program of the Spartan Race. You will run, jump and use your bodies and equipment to train your mind and body. (You do not have to be a Spartan Racer to participate)</p> <p>Tone & Stretch-a combo class that may include, exer tubes. Dumbbells, Barbells, body weight exercises and stretch.</p> <p>WATER AEROBICS-Cardio and Strength moves performed in shallow water for a low impact workout.</p> <p>YOGA –These classes will meet in the East Wing Room. The participants will work on breathing, stretching, toning and relaxation. Being barefoot is the preferred "shoe". Yoga mats will be available to use during class.</p> <p>ZUMBA®-This class combines Latin Dance moves Salsa, Merengue, Reggaeton, Cumbia and fitness moves with upbeat music!</p> <p align="right">703 College Ave, Bluefield, WV 24701; Phone: (304)325-5707;</p>
<p>9 5:30 Accelerate (Gym) 6:30 Cycle (Youth Center) 6:30 Yoga Gym</p>	<p>10 5:30 Power Pump (Gym) 6:30 ZUMBA (Gym Room) Tuesday Yoga will meet on Wednesday evening this month</p>	<p>11 5:30 Accelerate (Gym) 6:30 Cycle (Youth Center) 6:30 Yoga (gym)</p>	<p>12 5:30 Power Pump (Gym) 6:30 ZUMBA (Gym) No Yoga tonight</p>	
<p>16 5:30 Accelerate (Gym) 6:30 Cycle (Youth Center) 6:30 Yoga Gym</p>	<p>17 5:30 Power Pump (Gym) 6:30 ZUMBA (Gym)</p>	<p>18 5:30 Accelerate (Gym) 6:30 Cycle (Youth Center) 6:30 Yoga (gym)</p>	<p>19 5:30 Power Pump (Gym) 6:30 ZUMBA (Gym) No Yoga tonight</p>	
<p>23 5:30 Accelerate (Gym) 6:30 Cycle (Youth Center) 6:30 No YOGA tonight!</p>	<p>25 5:30 Accelerate (Gym) 6:30 Cycle (Youth Center)</p>	<p>25 5:30 Accelerate (Gym) 6:30 Cycle (Youth Center) 6:30 Yoga (gym)</p>	<p>26 5:30 Power Pump (Gym) 6:30 ZUMBA (Gym) No Yoga tonight</p>	
<p>30 5:30 Accelerate (Gym) 6:30 Cycle (Youth Center) 6:30 Yoga Gym</p>	<p>31 5:30 Power Pump (Gym) 6:30 ZUMBA (Gym) 6:30 Yoga (Children's Room)</p>			

Fitness and Recreation Center Morning July 2018 Group Exercise

SUN	MON	TUES	WED	THU	FRI	SAT
1	2 Fitness Center is closed today. Relocation begins to Youth Center on Stadium Drive	3 Fitness Center Closed!	4 Happy 4th of July! Fitness and Rec Center Closed Today!	5 Fitness Center on-Stadium opens at 5a.m! 9:00 Yoga in Gym	6 No Indoor Cycle Today! 9:00 Yoga (Gym)	7
8	9 8:45 Cardio Combo (Gym) 9:45 Women's Circuit (gym)	10 6:00 Cycle (Youth Center) 9:00 Yoga (Gym)	11 8:45 Power Pump (Gym) 9:45 Women's Circuit (gym)	12 9:00 Yoga (Gym)	13 6:00 Cycle (Youth Center) 9:00 Yoga (Gym)	14
15	16 8:45 Cardio Combo (Gym) 9:45 "Womens Circuit (gym)	17 6:00 Cycle (Youth Center) 9:00 Yoga (Gym)	18 8:45 Power Pump (Gym) 9:45 Women's Circuit (gym)	19 9:00 Yoga (Gym)	20 6:00 Cycle (Youth Center) 9:00 Yoga (Gym)	21
22	23 8:45 Cardio Combo (Gym) 9:45 Women's Circuit (gym)	24 6:00 Cycle (Youth Center) 9:00 Yoga (Gym)	25 8:45 Power Pump (Gym) 9:45 Women's Circuit (gym)	26 9:00 Yoga (Gym)	27 6:00 Cycle (Youth Center) 9:00 Yoga (Gym)	28
29	30 8:45 Cardio Combo (Gym) 9:45 Women's Circuit (gym)	31 6:00 Cycle (Youth Center) 9:00 Yoga (Gym)				