

MON	TUE	WED	THU	<p align="center">Bluefield Fitness and Recreation Center</p> <p align="center">Evening June 2018 Group Exercise</p>
<p>Child Watch: Mon.–Thurs. 4:30 p.m. to 7:30 p.m. for Fitness Center Members!</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>4 5:30 Accelerate 6:30 Yoga 6:30 Indoor Cycle</p>	<p>5 5:30 Power Pump 6:30 Yoga 6:30 ZUMBA</p>	<p>6 5:30 Accelerate 6:30 Indoor Cycle</p>	<p>7 5:30 Power Pump 6:30 Yoga 6:30 ZUMBA 6:30 Spartan</p>	
<p>11 5:30 Accelerate 6:30 Yoga 6:30 Indoor Cycle</p>	<p>12 5:30 Power Pump 6:30 Yoga 6:30 ZUMBA</p>	<p>13 5:30 Accelerate 6:30 Indoor Cycle</p>	<p>14 5:30 Power Pump 6:30 Yoga 6:30 ZUMBA 6:30 Spartan</p>	
<p>18 5:30 Accelerate 6:30 Yoga 6:30 Indoor Cycle</p>	<p>19 5:30 Power Pump 6:30 Yoga 6:30 ZUMBA</p>	<p>20 5:30 Accelerate 6:30 Indoor Cycle</p>	<p>21 5:30 Power Pump 6:30 Yoga 6:30 ZUMBA</p>	
<p>25 5:30 Accelerate 6:30 Yoga 6:30 Indoor Cycle</p>	<p>26 5:30 Power Pump 6:30 Yoga 6:30 ZUMBA</p>	<p>27 5:30 Accelerate 6:30 Indoor Cycle</p>	<p>28 5:30 Power Pump 6:30 Yoga 6:30 ZUMBA 6:30 Spartan</p>	

703 College Ave, Bluefield, WV 24701; Phone: (304)325-5707;

Fitness and Recreation Center Morning June 2018 Group Exercise

SUN	MON	TUES	WED	THU	FRI	SAT
Child Watch: Mon.-Thurs. 4:30 p.m. to 7:30 p.m. for Fitness Center Members!	Power Pump and Child Watch will not meet on Sat. until further notice!				1 6:00 Indoor Cycle 8:45 Cardio Combo 9:00 Yoga 10:00 Water Aerobics	2
3	4 8:45 Cardio Combo 9:00 Yoga 10:00 Water Aerobics	5 6:00 Indoor Cycle 9:00 Yoga 9:00 Deep Water	6 8:45 Tone & Stretch 10:00 Water Aerobics	7 9:00 Yoga 9:00 Deep Water	8 No Indoor Cycle Today 8:45 Cardio Comb 9:00 Yoga	9
10	11 8:45 Cardio Combo 9:00 Yoga 10:00 Water Aerobics	12 6:00 Indoor Cycle 9:00 Yoga 9:00 Deep Water	13 8:45 Tone & Stretch 10:00 Water Aerobics	14 9:00 Yoga 9:00 Deep Water	15 6:00 Indoor Cycle 8:45 Cardio Combo 9:00 Yoga 10:00 Water Aerobics	16
17	18 8:45 Cardio Combo will not meet today! 9:00 Yoga 10:00 Water Aerobics	19 6:00 Indoor Cycle 9:00 Yoga 9:00 Deep Water	20 8:45 Tone & Stretch 10:00 Water Aerobics	21 9:00 Yoga 9:00 Deep Water	22 6:00 Indoor Cycle 8:45 Cardio Combo 9:00 Yoga 10:00 Water Aerobics	23
24	25	26 6:00 Indoor Cycle 9:00 Yoga 9:00 Deep Water	27 8:45 Tone & Stretch 10:00 Water Aerobics	28 9:00 Yoga 9:00 Deep Water	29	30