

MON	TUE	WED	THU	<p align="center">Bluefield Fitness and Recreation Center</p> <p align="center">Evening May 2018 Group Exercise</p>
<p>Child Watch: Mon.–Thurs. 4:30 p.m. to 7:30 p.m. for Fitness Center Members!</p>	<p>1 5:30 Power Pump 6:30 Yoga 6:30 ZUMBA</p>	<p>2 5:30 Accelerate 6:30 Indoor Cycle</p>	<p>3 5:30 Power Pump 6:30 Yoga 6:30 ZUMBA 6:30 Spartan</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</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>All classes will be multi-level! All classes can be adjusted to your fitness level!</p> <p>Inclement Weather: Please call the Fitness Recreation Center one hour prior to Class start for possible changes.</p> <p>304-325-5707</p> <p>703 College Ave, Bluefield, WV 24701; Phone: (304)325-5707; Fax:</p>
<p>7 5:30 Accelerate 6:30 Yoga 6:30 Indoor Cycle</p>	<p>9 5:30 Power Pump 6:30 Yoga 6:30 ZUMBA</p>	<p>10 5:30 Accelerate 6:30 Indoor Cycle</p>	<p>11 5:30 Power Pump 6:30 Yoga 6:30 ZUMBA 6:30 Spartan</p>	
<p>14 5:30 Accelerate 6:30 Yoga 6:30 Indoor Cycle</p>	<p>15 5:30 Power Pump 6:30 Yoga 6:30 ZUMBA</p>	<p>16 5:30 Accelerate 6:30 Indoor Cycle</p>	<p>17 5:30 Power Pump 6:30 Yoga 6:30 ZUMBA 6:30 Spartan</p>	
<p>21 5:30 Accelerate 6:30 Yoga 6:30 Indoor Cycle</p>	<p>22 5:30 Power Pump 6:30 Yoga 6:30 ZUMBA</p>	<p>23 5:30 Accelerate 6:30 Indoor Cycle</p>	<p>24 5:30 Power Pump 6:30 Yoga 6:30 ZUMBA</p> <p>No Spartan Tonight</p>	
<p>28 Happy Memorial Day! Fitness Center Closed Today!</p>	<p>29 5:30 Power Pump 6:30 Yoga 6:30 ZUMBA</p>	<p>30 5:30 Accelerate 6:30 Indoor Cycle</p>	<p>31 5:30 Power Pump 6:30 Yoga 6:30 ZUMBA 6:30 Spartan</p>	

**Fitness and Recreation Center
Morning May 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!	Please note time changes for evening classes on back!	1 6:00 Indoor Cycle 9:00 Yoga 9:00 Deep Water	2 8:45 Tone & Stretch 10:00 Water Aerobics	3 9:00 Yoga 9:00 Deep Water	4 6:00 Indoor Cycle 8:45 Cardio Combo 9:00 Yoga 10:00 Water Aerobics	5 9:00 Power Pump
6	7 7:00 Spartan 8:45 Cardio Combo 9:00 Yoga 10:00 Water Aerobics	8 6:00 Indoor Cycle 9:00 Yoga 9:00 Deep Water	9 8:45 Tone & Stretch 10:00 Water Aerobics	10 9:00 Yoga 9:00 Deep Water	11 6:00 Indoor Cycle 8:45 Cardio Combo 9:00 Yoga 10:00 Water Aerobics	12 No Power Pump Today
13	14 7:00 Spartan 8:45 Cardio Combo 9:00 Yoga 10:00 Water Aerobics	15 6:00 Indoor Cycle 9:00 Yoga 9:00 Deep Water	16 8:45 Tone & Stretch 10:00 Water Aerobics	17 9:00 Yoga 9:00 Deep Water	18 6:00 Indoor Cycle 8:45 Cardio Combo 9:00 Yoga 10:00 Water Aerobics	19 9:00 Power Pump
20	21 7:00 Spartan 8:45 Cardio Combo 9:00 Yoga 10:00 Water Aerobics	22 6:00 Indoor Cycle 9:00 Yoga 9:00 Deep Water	23 8:45 Tone & Stretch 10:00 Water Aerobics	24 9:00 Yoga 9:00 Deep Water	25 6:00 Indoor Cycle 8:45 Cardio Combo 9:00 Yoga 10:00 Water Aerobics	26 No Power Pump Today! No Child Watch Today!
27	28 Happy Memorial Day! Fitness Center Closed Today!	29 6:00 Indoor Cycle 9:00 Yoga 9:00 Deep Water	30 8:45 Tone & Stretch 10:00 Water Aerobics	31 9:00 Yoga 9:00 Deep Water		