

Group & Senior Fitness Schedule

April 2024

HOURS OF OPERATION

M-F 5am-9pm

Sat-Sun 7am-2pm

Phone. 7249172857

Child Watch Hours

Toddler Room

M-Fri 9:00-12:30pm

M-Th 4pm-7pm

Sat. 9 - 12:00

Youth Room

M-Th 4pm-8pm

Sat-9:00-12:00 pm

MONTHLY MEMBERSHIP

PRICING

Family-\$40

Adult-\$25

College Student-\$20

Student (Grades
9-12)-\$15

Youth (Grades
K-8)-\$10

Ask about
Scholarships!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am-6:45 Cycling	9:00-9:45 Walk & More!	6:00am-6:45 Cycling		8:00am-8:45 Cycling	
9:00-10:00 Cardio w/ Carla	9:00-10:30 Cardio w/ Carla	10:00- 11:00 Cycling	9:00 – 10:00 Cardio w/Carla	9:30-10:30 Yoga w/Carla	9:00-10:00 Cardio w/ Carla	
10:15-11:00 Stretch & Tone w/Carla	10:45-11:30 Silver Sneakers Circuit	11:15-12:15 Yoga Learning w/Liz	10:15-11:00 Stretch & Tone w/Carla	10:45-11:45 Cycling	9:30a Beginner Introduction to Cycling April 6 th Only	
11:15-12:15p Qigong Tai Chi w/ Robin	11:45-12:45p Boxing, Body and Brain for Adults No class 4/2		11:15-12:00p Silver Sneakers Circuit	10:45-11:45 Cardio w/Carla	9:30a-10:15 Cycling	
4:45p-5:30 Cycling	4:00p-4:45p Cardio Drumming April 2 nd & 9 th Only	5:45p-6:30 Cycling	4:00p-4:45p Stretch & Tone April 4 th & 11 th Only		10:15-11:00 Stretch & Tone April 6 th & 13 th Only	
5:45p-6:30 Stretch & Tone w/ Carla	4:00p-4:45 Total Body Sculpt April 16 th 23 rd & 30 th Only	5:45p-6:45 Cardio w/ Carla	4:00p-4:45 Total Body Sculpt April 18 th &25 th Only		10:15-11:00 Total Body Sculpt April 20 th & 27 th Only	FACEBOOK Baughman Family Community Center
7:00p-8:00 Yoga w/ Carla	5:45p-6:45 Yoga w/ Carla	7:00p-8:00 Yoga w/ Carla	5:30p-6:30 Boxing, Body and Brain for Adults		11:15-12:00p Children's Yoga	WEBSITE www. baughmanfcc .org
			6:00p-6:45 Cycling			

• You can find all class descriptions on the back of this paper. Any other questions... Just ask!



***The Baughman Family Community Center is a Proud Partner of**

CARLA'S CARDIO: Intermediate- advanced level. May include any of the following; Hi-LO, low impact, step, slide, circuit, boxing, and various floor work! Note: Tuesday is a 90 minute class & Saturday is a 60 minute class.

SILVER SNEAKERS CIRCUIT: 45 minute fitness class alternating cardio & strength intervals to improve cardio endurance, muscular strength & endurance, skill improvement, & functional movement patterns designed to help with everyday living. All exercises in this class can be modified to anyone's specific needs!

STRETCH & TONE: 45 minute class with warm-up, toning with various props and stretching! Great for all fitness levels.

BEGINNER INTRO TO CYCLING: This 20-minute cycling class for beginners is your ultimate beginner ride! Workout alongside our instructors as we guide you through a 20-minute cycling workout. Learn about bike set up, safety, hand positions and more.

CYCLING: Indoor group cycling classes provide an energized atmosphere as instructors guide participants through a challenging ride with classes focusing on endurance, strength, intervals, high intensity and recovery, using a special stationary exercise bicycle with a weighted flywheel in a classroom setting.

CHILDREN'S YOGA: All ages are welcome! This class focuses on fine and gross motor skills, body awareness, sensory and physical exploration, social skills and parent-child bonding. Children under 8 will need an adult to be present during class.

YOGA LEARNING: Beginner class introducing fundamentals of yoga such as breath, alignment and balance.

CARLA'S YOGA: Flow based set of postures including floor and standing salutations. Increasing flexibility and strength. Creative sequencing with meditation to ensure that each practitioner gains the maximum benefits of the mind body connection that yoga provides. Standing & Floor work.

BOXING FOR BODY AND BRAIN FOR ADULTS: The 3 B's involves conditioning of body core, arms, and legs: movement (footwork); balance; coordination of the entire body; endurance; and cognitive functioning (thinking, alertness, awareness). This is not a high intensity class. This is a great class to pair with your own personal workout in our fitness center either before or after class!

QIGONG TAI-CHI: This class will combine artistry and culture to give you a magical workout. Whether you are a beginner or have some experience, our class will help you find your place in this unique form of art.

WALK & MORE: This Class is a 45 minute workout, primarily cardio with some light weight training. The concept behind this class is that you are "walking" approximately 3 miles during the class. In addition to walking, you will be doing many other cardio moves to include knee lifts, kicks, grapevines, lunges and many more. It is energizing and fun for all fitness levels!

TOTAL BODY SCULPT: A total body workout for every level of fitness. Shape and define your legs, glutes, upper body and abs! Modifications are provided to ensure everyone's success.

CARDIO DRUMMING: Fun and easy to follow drumming routine that works to tone the whole body!

ALL CLASSES INCLUDED WITH MEMBERSHIP. PLEASE FEEL FREE TO ASK WITH ANY QUESTIONS & REMEMBER ANY CLASS CAN BE MODIFIED.