

Group Fitness Classes at the Bowling Green Community Center



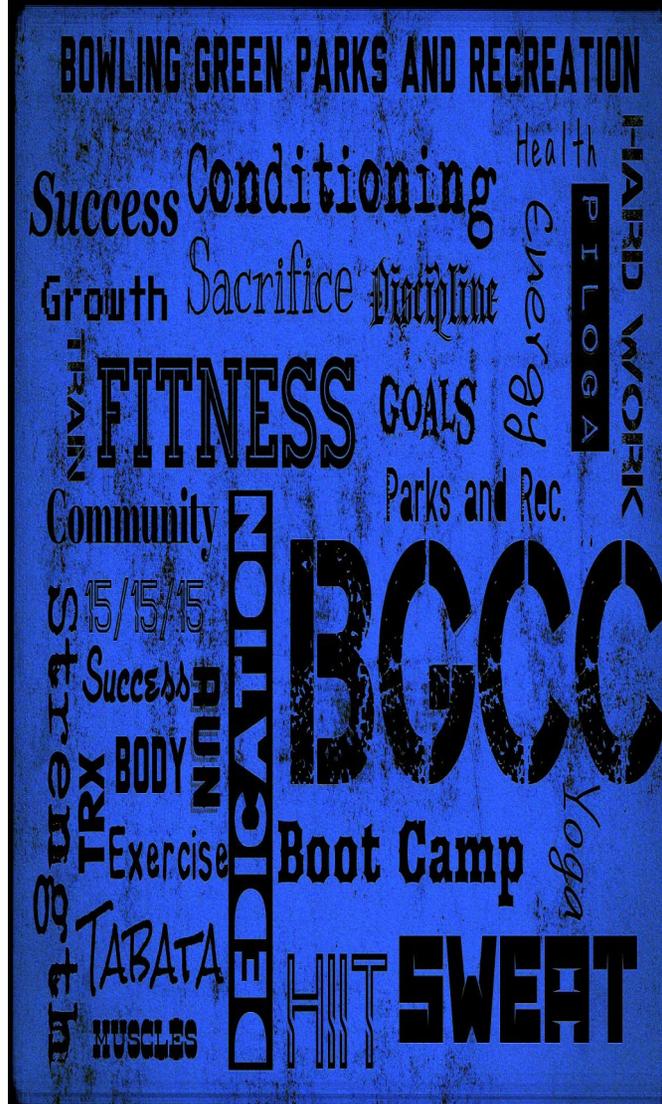
MINDBODYONLINE.COM and MINDBODY Connect is our NEW and EASY way to register for UNLIMITED fitness classes. You have the choice of drop-in, unlimited monthly, unlimited quarterly AND unlimited yearly pricing! MINDBODY makes it easier than ever to register for classes.

HOW TO REGISTER

1. Go to www.mindbodyonline.com
 - a. Click **"log-in"** at the top left of the page
2. In the search box type "Bowling Green Training and Community Center"
 - a. Bowling Green Training and Community Center will load
 - b. Click **"select"** on the right side of the page
 - c. Then, click **"continue to site without logging in"**
3. **New to the site?** Then fill out the **"first name"** and **"last name"** boxes and proceed to create an account. **Been here before?** Then continue with your log-in information
4. Once logged-in, continue by clicking on the **"classes"** tab at the top of the page
5. Locate the date and time of the class that you wish to view (located on left side of screen)
6. Click on the **"sign-up now"** link to the left of the class name
7. Click **"make a single reservation"**
8. Select payment option
 - a. **"Drop-In"**
 - b. **"Monthly Unlimited Classes"**
 - c. **"Quarterly Unlimited Classes"**
 - d. **"Yearly Unlimited Classes"**
9. Double Check payment option and click **"check-out"**
- 10.. Fill out payment information, contact email, and read the terms and conditions
- 11.. Click **"place order"** when finished



You can also register for classes using the MINDBODYfree app for Apple or Android, MINDBODY Connect!



ADULT GROUP FITNESS CLASSES



City of Bowling Green
Training and Community Center
1245 West Newton Road
Bowling Green, OH 43402
(419)354-6223

www.bgohio.org

DON'T TALK ABOUT IT ... **BE ABOUT IT**
SIGN UP FOR FITNESS CLASSES TODAY!

GROUP FITNESS CLASS DESCRIPTIONS

FLEXIBLE PRICING TO MEET YOUR NEEDS

Drop in to any of our Fitness Classes for \$8 per class or consider one of our Unlimited Class Options listed below:

Monthly Unlimited Classes \$40

Expires 1 Month from first use

Quarterly Unlimited Classes \$105

(Saves \$15 over monthly option)

Expires 3 Months from first use

Yearly Unlimited Classes \$360

(Saves \$120 over monthly option and \$80 over quarterly option)

Expires 12 Months from first use

We offer both the flexibility of individual class drop-in rates as well as the discounted pricing when committing for longer periods of time. Unlimited options give you the opportunity to try different classes for one low price. Not only does this give you flexibility if you miss a class, but also gives you variety in classes to select from!

Cardio & Toning Classes

BARRE :Want a long, lean dancer's body? This high-energy, lower-impact workout utilizes the ballet barre to sculpt & firm multiple muscle groups. Increase balance & flexibility with a fusion of ballet conditioning, yoga, & pilates moves set to upbeat dance music. Get cardio plus toning in this fun, challenging class. No dance experience necessary. This isn't your grandmother's stuffy ballet; it's a party at the barre!

BODY SCULPT: Come join in on this fun and quick 45 minute TOTAL body sculpting class. The class will focus essential barbell movements such as squats, lifts, curls and presses while using low to moderate weight and high repetitions. If you're looking to gain strength, then this is the class for you!

BOOTCAMP: This class will challenge both your cardio and your strength as you work quickly back and forth through drills using stability balls, BOSU balls, weights, bands, and more.

CYCLE 30 & CYCLE 45: Challenge yourself in a team group fitness class held on stationary bikes focusing on endurance, strength, intervals, high intensity, and recovery. In class you will listen to inspiring music to motivate you as you move through various movements such as hills, sprints, and jumps, this class is perfect for all fitness levels.

CYCLE & CORE: Spend the first 45 minutes on the bike and ending with 15 minutes of an intense core workout. Get the best of working your lungs and your core in this 60 minute class!

GUTS & BUTTS: Focus on your core and lower body muscles in a quick, but challenging 45 minutes. Using a variety of equipment to tone each muscle group, this class will help you get ready for any season!

TABATA BOOTCAMP™ : This class consists of 20-10 microburst intervals. An interval consists of performing specifically chosen exercises at an ultra high intensity for 20 seconds, followed by 10 seconds of rest. The beauty behind these short microbursts is that 20 seconds at high intensity is doable and the 10 second rest allows for brief recovery before moving on to the next exercise interval. These 20-10 microburst intervals are stacked in the 30 minute group workouts in specific sequences of different exercise movements that target every part of your body.

TOTAL BODY TONING: Get ready to work your whole body in this challenging and extremely fun class. The Instructor will use various cardio, strength training, and balance exercise to keep your entire body guessing!

TRUFIT: Using many concepts from crossfit, this minimalist class will change your definition of hard work. We will jump, run, push, squat, sprint, and more to challenge what you think it means to be fit. Josh will inform everyone the location of the class prior to the class start date.

TRX 30 & TRX 45: This class is a full-body strength workout that utilizes a person's own body weight. You will rely on your core and your body weight to perform a variety of exercises in this suspension training class.

ZUMBA : Ditch the workout and join the party! This fun and easy to follow cardio class combines high-energy and motivating Latin music with unique moves and combinations that make you feel like you are partying on the dance floor. Easy to follow and something everyone can do.

Mind & Body Classes

YOGA FLOW: Gain strength and flexibility through purposeful poses sequenced together seamlessly to achieve perfect balance. All levels welcome.

YOGA FOR YOU: Want to increase flexibility, tone, and balance? This yoga class is ideal for anyone! We will cover the essential poses in yoga, and modifications are offered to those who need them.

Summer Aquatics Classes

AQUA BARRE :Want a long, lean dancer's body? This high-energy, lower-impact workout utilizes the ballet barre to sculpt & firm multiple muscle groups. Increase balance & flexibility with a fusion of ballet conditioning, yoga, & pilates moves set to upbeat dance music. Get cardio plus toning in this fun, challenging class. No dance experience necessary. This isn't your grandmother's stuffy ballet; it's a party at the barre! Class is held at the Bowling Green City Pool.

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DEEP WATER JOGGING: This class is a non-impact form of jogging done in place in the water wearing a flotation belt. Move your arms and legs as though you're jogging on land; the water adds another layer of challenge to the workout. Advanced swimming skills not necessary. Class is held at the Bowling Green City Pool.

WATER FITNESS: Adults of all ages can benefit from water exercise and fitness classes because of the aquatic environment. The hydrodynamic properties such as buoyancy, hydrostatic pressure, turbulence and friction can allow for greater range of motion, strengthening, balance, relaxation and increased over-all feeling of wellness. The goal of water exercise and fitness is improved strength, endurance, flexibility, balance, and stability while having fun. Class is held at the Bowling Green City Pool.

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