

CLASS SCHEDULE

Monday

- 5:45-6:30a → Cycle 45 with Diana
- 9:15-10:00a → Cycle 45 with Lindy
- 10:15-11:00a → Body Sculpt with Lindy
- 5:45-6:45p → Bootcamp with Julie

Tuesday

- 5:45-6:30a → Tabata Bootcamp with Ashley
- 9:00-10:00a → Yoga Flow with Diana
- 10:15-11:00a → Guts and Butts with Lindy
- 6:30-7:30p → Barre with Nicki

Wednesday

- 5:45-6:45a → TruFit with Josh
- 5:30-6:00a → Cycle 30 with Diana
- 6:10-6:40a → TRX 30 with Diana
- 10:00-11:00a → TruFit with Josh
- 10:00-11:15a → Yoga for You with Amanda
- 6:00-6:45p → Cycle 45 with Carissa

Thursday

- 5:45-6:30a → Tabata Bootcamp with Ashley
- 10:15-11:00a → TRX 45 with Lindy
- 5:30-6:30p → Zumba with Allison
- 6:45-7:45p → Total Body Toning with Nicki
- 9:00-10:00a → Piloga with Diana

Friday

- 5:45-6:45a → TruFit with Josh
- 9:15-10:15a → Cycle 30 with Lindy
- 10:00-11:00a → Barre with Nicki
- 10:00-11:00a → TruFit with Josh

Saturday

- 8:30-9:30a → Tabata Bootcamp with Ashley
- 9:45-10:45a → Zumba with Allison



View full schedule on MINDBODYONLINE.COM or on the MINDBODY free app for Apple or Android, MINDBODY Connect for all updates and changes.

Class schedule subject to change



MINDBODY

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



MINDBODYconnect

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

BOWLING GREEN PARKS AND RECREATION

Success Conditioning Health
Growth Sacrifice Discipline Energy
TRAIN FITNESS GOALS Piloga
Community Parks and Rec.
15/15/15
STRONG
SUCCEED
TRX BODY RUN
EXERCISE
TABATA
MUSCLES
NOTICE
BGC
BOOT CAMP
HIT SWEAT
YOGA

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

Cardio & Toning Classes

BARRE : Barre is a high-energy, lower-impact workout that utilizes the ballet barre to sculpt & firm multiple muscle groups. Increase balance & flexibility with a fusion of ballet conditioning, yoga, and pilates moves set to upbeat dance music. Get cardio plus toning in this fun, challenging class. No dance experience necessary.

BODY SCULPT: 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 & 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!

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 move through various movements such as hills, sprints, and jumps, this class is perfect for all fitness levels.

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. . 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.

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

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!

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

Summer Aquatics Classes

AQUA BARRE :Barre is a high-energy, lower-impact workout that utilizes the ballet barre to sculpt & firm multiple muscle groups. Increase balance & flexibility with a fusion of ballet conditioning, yoga, and pilates moves set to upbeat dance music. Get cardio plus toning in this fun, challenging class. No dance experience necessary.

AQUA 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. Class is held at the Bowling Green City

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 WALKING: Adults of all ages can benefit from water exercise and fitness classes because of the aquatic environment. The goal of water exercise and fitness is to improve strength, endurance, flexibility, balance, and stability while having fun. Class is held at the Bowling Green City Pool.