

## Personal Training

Whether you need help getting started or are needing a boost to take your fitness to the next level, our certified trainers are here to help:

- Provide individualized attention
- Offer motivation and accountability
- Set and attain realistic goals
- Offer special attention to injuries and imbalances
- Bust through plateaus
- Improve technical workout skills
- Learn the latest techniques

We offer one on one as well as small group training. Check with Brook or Jan to learn more!



### Recover with our Air Relax System!

The Air Relax is an air compression device with multiple chambers that compress in succession. A 15 minute session can increase blood flow through your muscles, which has been shown to aid with sports and other recovery, similar to the effects of a professional massage.



Blue Bicycle Health & Fitness is a neighborhood gym that will keep you moving forward no matter where you are on your fitness journey. We offer value driven membership plans, great equipment, innovative fitness programming, and a staff that cares about YOU.

Membership Types <i>(all include full facility access)</i>	Bronze	Silver <i>Unlimited Group Ex Classes</i>	Gold <i>Group Ex + Nutrition Coaching</i>
One time enrollment fee \$49 + tax			
Monthly EFT	\$19.99 + tax	\$29.99 + tax	\$49.99 + tax
3 Months	\$54 + tax	\$87 + tax	\$150 + tax
6 Months	\$89 + tax	\$148 + tax	\$289 + tax
Annual	\$159 + tax	\$279 + tax	\$499 + tax

*Monthly EFT membership can be cancelled with 30 days notice.*

**OPEN 7 DAYS A WEEK: Mon-Thurs: 5:30am-9pm**

● **Fri: 5:30am-8pm** ● **Sat: 8am-6pm** ● **Sun: 9am-5pm**

# Group Exercise Class Schedule: Fall 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45-6:30 AM Sunrise Spinning (Jan)		5:45-6:30 AM Sunrise Spining (Jan)		8:05-9:00 AM Biker Barre' (Jan)
9:20-10:00 AM Forever Fit (Kylle)	9:20-10:00 AM Mat Works (Jan)	9:20-10:00 AM Forever Fit (Lisa)	9:20-10:00 AM Mat Works (Jan)	9:20-10:00 AM Chair Yoga (Jan)	8:30-9:30 AM Stability Ball (Janie)
					9:30-10:25 AM Yoga Fusion (Jan)
4:30-5:15 PM Spinning (Jan)	5:00-5:55 PM Step Aerobics (Janie)	5:30-6:15 PM Zumba (Micheal)	5:00-5:55 PM Step Aerobics (Janie)	5:30-6:15 PM Spinning (Jan)	
5:30-6:15 PM TBC (Lisa)	5:30-6:30 PM Yoga Flow (Jan)	6:15-7:00 PM Core & More (Kylle)			
6:15-7:00 pm Yoga Stretch (Jan)		6:30-7:15 PM Spinning (Jan)	6:15-7:00 PM Power Pump (Jan)		

## Class Descriptions

**Biker Barre':** **New!** Start with 25 minutes of cycling to warm up and get your heart pumping, followed by a blend of Pilates barre' exercise to tone the core and glutes.

**Core and More:** Build core stability as you strengthen and tone your abs, back and lower body, as well as improving overall posture. This class will include some Pilates as well as strengthening exercises for the upper body.

**Spinning:** You set the resistance, your instructor sets the pace. Tap into the motivation of the group or just sit back and pedal at your own pace.

**Forever Fit:** A total body workout using light dumbbells and tubing to improve strength, balance, and stamina. Work will be adjusted for the level of each participant.

**HIIT:** High Intensity Interval Training utilizes cardio and strength training exercises, alternating intense work periods with brief rest intervals.

**Mat Works:** Yoga and Pilates movements to strengthen your core, relieve stress and improve your range of motion.

**Power Pump:** Challenge your major muscle groups by using the weight room exercises like squats, presses, lifts and curls.

**Stability Ball Class:** Fun combination of strength and flexibility exercises for upper body, core, and lower body using resistance and a variety of ball combinations.

**Step Aerobics:** This class is built around creative and challenging step choreography mixed with circuit training and resistance work.

**Total Body Conditioning(TBC):** Kick off your week with a one-two punch of strength training and cardio intervals. Dumbbells, Steps and more will improve your cardiovascular fitness, strength, energy and quickness.

**Yoga Flow:** This class will begin with vigorous, energizing poses to get the body warmed up, and then move into deeper stretches and relaxation featuring longer holds of poses.

**Yoga Fusion:** **Earlier Time!** Light hand weights are added to Yoga and Pilates sequences to lengthen muscles and improve core strength and over all muscular balance.

**Zumba:** An exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party.