








Bob L. Burger Recreation Center

Drop In Fitness Class Schedule – Effective July 1

All classes in Group Fitness Studio unless otherwise indicated

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	BODYPUMP Lonza 5:45-6:45am		BODYPUMP Brigitte 6:15-7:15am			
Cycle & Core Lauren 7-8am	Total Body TRX Lonza 7-7:45am		Core Express Kelly 8-8:15am	Cycle Lexi 7-7:50am		
	SilverSneakers Classic Jennifer L. 8:15-9:15am		Alignment Yoga Kelly 8:15-9:15am	SilverSneakers NEW Classic Jennifer L. 8-9am *Starts7/8	Vinyasa Yoga Lizzie 9:15-10:15am	BODYPUMP Lonza 9:15-10:15am
Roll & Release Kelly 9-9:30am		Cycle & Core Jill 8:30-9:30am			Cardio Step Jen D. 10:30-11:30am	
Alignment Yoga Kelly 9:30-10:30am	Yoga, Pilates & Strength <i>*Virtual or in studio</i> Megan 9:30-10:30am	LaBlast® Dance Fitness Lexi 9:30-10:30am	SilverSneakers Classic Ray 9:30-10:30am	BODYPUMP Tori 9:30-10:30am	Young at Heart Tai Chi Flow Jennifer L. 11:45am- 12:45pm	
	SilverSneakers Stability Jennifer L. <i>Senior Center</i> 10-10:45am		Seated Stretch Jennifer L. <i>Senior Center</i> 10-10:45am	SilverSneakers NEW Stability Jennifer L. <i>Senior Center</i> 10:15-11am		
Aqua Dance Ellie *Pool 10:15-11:15am		Shallow Water Fitness Ray *Pool 10:15-11:15am	SilverSneakers Chair Yoga Jennifer L. 11am-noon	LaBlast® Splash H2O Fitness Lexi *Pool 10:30-11:15am		
Water Yoga Ray *Pool 11:15am-12pm	Young at Heart Tai Chi Flow Jennifer L. 11am-noon	Water Yoga Ray *Pool 11:15am-12pm		LaBlast® Dance Fitness Tonia 11am-noon		
SilverSneakers Classic Ray 12:15-1:15pm	BODYCOMBAT Tori 12:15-1:15pm	BODYPUMP Tori 12:15-1:15pm	Total Body TRX Lonza 12:15-1pm		 = Indoor Pool  = Outdoors weather permitting  =Senior Center 103 Iowa Ave, Lafayette Online Schedule here:  	
			Vinyasa Yoga Tinna 4:15-5:15pm			
BODYPUMP Tori 5:30-6:30pm		 ZUMBA Tonia 5:30-6:30pm	BODYCOMBAT Beth 5:30-6:30pm			
Deep Water Fitness Amy *Pool 6:30-7:30pm	Power Yoga Julia 6-7:15pm					
 ZUMBA at NEW Festival Plaza Tonia 6:45-7:45pm						

Use Annual Pass, Punch Card, or pay a Daily Visit Fee

MIND AND BODY

Alignment Yoga

Based on Anusara Yoga and focusing on proper alignment, this class weaves intention and breath-work with thoughtful sequencing and dynamic alignment principles. Designed for beginners, but all levels are welcome.

Hatha Yoga in the Park

Every Sunday in June enjoy the peace and serenity of a yoga class in one of our scenic parks! Connect with your body, mind, and nature as you experience an all-levels hatha yoga class focusing on basic postures and gentle flow guided by your breath. Bring your yoga mat or a towel and meet at the Waneka Lake Playground.

Power Yoga

An amped up Vinyasa Yoga practice that is challenging and powerful and will teach you to move with your breath. A combination of sun salutations, deep opening postures, strong standing poses, and challenging arm balances. Designed with the veteran yogi in mind, but modifications will be given for all levels.

Slow Flow Yoga

Slow Flow Yoga incorporates simple movements to warm up the body, as well as slower paced flowing sequences focusing on alignment, strength, balance, and flexibility. This class is appropriate for beginners and/or intermediate level students.

Seated Stretch

Experience yoga-based postures and stretches, all from the comfort of a chair so you don't need to worry about getting up and down from the floor. Mindful, meditative and flexibility exercises to help your recovery, mobility, posture, and energy!

Roll & Release

Wouldn't it be wonderful if we had a personal massage therapist at our disposal to help rub out the soreness, stress, and tension that we experience on a daily basis? SMR (Self Myofascial Release) can do just that. In just 30 minutes, you will roll from your feet to your fingers and everything in between.

Vinyasa Yoga

A dynamic and flowing style of hatha yoga which links breath to movement through a creative series of postures that builds strength and flexibility while cultivating mindfulness. Expect to move, and maybe even sweat, then wind down towards the end of class to leave you feeling restored and renewed. All levels welcome.

Yoga Pilates & Strength

Three disciplines woven together to create unique sequences that target all parts of the body. Students can either participate virtually via Zoom or in the BBRC studio with the instructor virtual. In-person participants would have access to use BBRC equipment such as hand weights, pilates balls, and yoga mats.

WATER FITNESS

Aqua Dance

Heat up the pool party! A latin-inspired, easy to follow, calorie-burning dance fitness party that makes working out a splash. The water's resistance cushions your feet, knees and back as you dance the class away! Classes are held in shallow water (chest deep) for a great low-impact but challenging workout.

LaBlast® Splash H₂O Fitness

LaBlast Splash is a perfect balance of aqua dance and fitness. This 'workout in disguise' will get you moving to dances like the Jive, Quickstep, Paso Doble, Viennese Waltz, and many more. No partner needed! You'll dance to music from every artist, genre, and era! Let's have a blast and LaBlast Splash!

Shallow or Deep-Water Fitness

This low-impact class using water's natural resistance for minimal stress on the joints to promote fitness/toning and increase energy.

Water Yoga

A relaxing, soothing, and restorative form of yoga. Let the natural principles of the water act as your therapy to heal from injuries and guide the body and mind into a calmer, more present state of being.

LAND FITNESS

BODYPUMP

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit, fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout.

BODYCOMBAT

Punch and kick your way to fitness! These high-energy martial arts inspired workout is totally non-contact and there are no complex moves to master. You'll release stress, have a blast and feel like a champ.

Cardio Step

Turn step, over-the-top, triple knee repeater... sound familiar? Experience exhilarating step choreography to burn calories, tone your body and improve your brain function. Following the choreographed cardiovascular routine, a short upper body weight section and ab work will add the cherry on top.

Core Express

15-minute express core workout that is a great compliment to the yoga class after, or your own workout. A strong core allows the body to maintain it's ideal position, which unloads the joints and promotes ease of movement. In addition, strong core muscles minimize problem areas, such as knees, hips, neck and back.

Cycle

Come enjoy the ride. Whether you are riding for cardiovascular health or training for a race this class will get you there! These classes provide something for everyone: intervals, rolling hills, sprints, and climbs all to motivating and inspiring music. Along the way you will burn calorie and increase endurance.

**Cycle & Core includes 45 minutes of riding, then we'll hit the floor for work focusing on the abs and lower back.*

LaBlast® Dance Fitness

LaBlast is a dance fitness program based on all the dances you see on "Dancing with the Stars"- Disco, Jive, Foxtrot, Waltz and more. It's partner free and uses a wide variety of music. Learn the true skill of dance while blasting away calories and seriously having a blast!

SILVER SNEAKERS®

Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities of daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SILVER SNEAKERS®

Chair Yoga

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SILVER SNEAKERS®

Stability

Get stronger and improve your balance through exercises that strengthen the ankle, knee, and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls.

Total Body TRX

TRX which stands for **Total Body Resistance Exercise**, is a revolutionary workout method that uses your body weight and gravity as resistance to build strength, balance, coordination, flexibility, core, and joint stability.

Young at Heart Tai Chi Flow

A aerobic fusion of Tai Chi, Taekwondo and Chair Yoga. Expect to move gently and flow dynamically for a full mind-body workout.



Perfect for everybody and every body! Each Zumba® class is designed to bring people together and sweat it out. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.