

GROUP FITNESS CLASS SCHEDULE

HBU BRADSHAW FITNESS CENTER

281-649-3501

hbufit.org

FITNESS CLASSES

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:50 am						
9:00-9:30 am						
10:00-10:50 am	Functional Fitness. Virtual Class Through Zoom**		Functional Fitness. Virtual Class Through Zoom** Tai Chi _(BC)		Functional Fitness. Virtual Class Through Zoom** Tai Chi _(BC)	
10:00-10:50 am	New Life Active Adult _(BC)	Fascia Fix _(BC)	New Life Active Adult _(BC)	Fascia Fix _(BC)	New Life Active Adult _(BC)	
11:00-11:50 am	Yoga For Arthritis _(BC)	Yoga For Arthritis _(BC)		Yoga For Arthritis _(BC)		
4:30-5:00 pm						
5:00-5:25 pm						
5:00-5:50 pm	Yoga _(A)		Yoga _(A)			
6:00-6:50 pm	Psyching _(E)	Zumba _(BC)	Psyching _(E)	Zumba _(BC)		
6:30-7:30 pm						
7:00-7:50 pm						
7:00-8:30 pm						

Locations: A = studio room A; B = studio room B; FF = fitness floor; BC = basketball court; ECR = executive conference room on second floor

** Functional Fitness Zoom Information: Meeting ID 638 530 428 Password BFC10 **

AQUATIC CLASSES

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:50 am						
9:00-9:50 am	Aquatics Plus _(E)	HydroMix _(E & L)	Aquatics Plus _(E)	HydroMix _(E & L)	Aquatics Plus _(E)	HydroBurn _(E & L)
10:00-10:30 am						
10:00-10:50 am						
10:35-11:00 am						
6:00-6:50 pm	AquaticBody Sculpting _(E)	HydroMix _(E & L)	AquaticBody Sculpting _(E)	HydroMix _(E & L)		
7:00-7:30 pm						

Locations: E = exercise pool; L = end lanes of lap pool next to exercise pool; T = therapy pool

**All classes above are included with membership! (Descriptions on back side.)
Get fit, have fun & participate! Classes must regularly average 8 members to thrive!**

Fee Based FITNESS CLASSES

CLASS	TIME	Day	PRICING	CONTACT INFO	LOCATION
CrossFit Altus	5:05am	Monday, Wednesday, Friday	\$149 Individual	crossfitaltus@hbu.edu	CrossFit Box (Back of Basketball Court)
	12:00noon	Monday through Friday	\$259 Couple		
	4:30pm	Tuesday and Thursday			
	5:30pm	Monday and Wednesday			

Fee Based FITNESS CLASS DESCRIPTIONS

CrossFit Altus: CrossFit is a lifestyle characterized by safe, effective exercise and sound nutrition. It can be used to accomplish any goal, from improved health to weight loss to better performance. The program works for everyone—people who are just starting out and people who have trained for years. ©

Contact BFC for pricing: 281-649-3504 or email fitnesscenter@hbu.edu

Updated:05/15/2020

*"At the time, discipline isn't much fun. It always feels like it's going against the grain.
Later, of course, it pays off handsomely, for it is the well-trained who find themselves mature in their relationship with God." Hebrews 12:11*