

# GROUP FITNESS CLASS SCHEDULE

HBU BRADSHAW FITNESS CENTER

281-649-3501

hbufit.org

## FITNESS CLASSES

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:50am	Fun Fitness (BC&Zoom)**		Fun Fitness (BC&Zoom)**		Fun Fitness (BC&Zoom)**	
9:00-9:50 am	Pilates Plus Stretch (BC)		Pilates Plus Stretch (BC)			
10:00-10:50 am	New Life Active Adult <sub>(A)</sub>	Fascia Fix <sub>(B)</sub>	New Life Active Adult <sub>(A)</sub> Tai Chi <sub>(B)</sub>	Fascia Fix <sub>(B)</sub>	New Life Active Adult <sub>(A)</sub> Tai Chi <sub>(B)</sub>	
11:00-11:50 am	Yoga For Arthritis <sub>(A)</sub>	Yoga For Arthritis <sub>(A)</sub>		Yoga For Arthritis <sub>(A)</sub>		
4:30-5:00 pm						
5:00-5:25 pm						
5:00-5:50 pm	Yoga <sub>(A)</sub>		Yoga <sub>(A)</sub>			
6:00-6:50 pm	Psycling <sub>(B)</sub>	Zumba <sub>(A)</sub>	Psycling <sub>(B)</sub>	Zumba <sub>(A)</sub>		
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 <sub>(E)</sub>	HydroMix <sub>(E)</sub>	Aquatics Plus <sub>(E)</sub>	HydroMix <sub>(E)</sub>	Aquatics Plus <sub>(E)</sub>	HydroMix <sub>(E)</sub>
10:00-10:30 am						
10:00-10:50 am						
10:35-11:00 am						
6:00-6:50 pm	AquaticBody Sculpting <sub>(E)</sub>	HydroMix <sub>(E)</sub>	AquaticBody Sculpting <sub>(E)</sub>	HydroMix <sub>(E)</sub>		
7:00-7:30 pm						

Locations: E = exercise pool; L = first lap lane only (with ladder); 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 through Friday	\$149 Individual	crossfitaltus@hbu.edu	CrossFit Box (Back of Basketball Court)
	12:00noon- Barbell Club	Monday through Friday	\$259 Couple		
	4:30pm	Monday, Wednesday, Friday			
	5:30pm	Monday through Thursday			
	6:30pm	Tuesday and Thursday			
No Xcuses	6:00 am	Monday, Wednesday, Friday	\$159 member rate	\$185 non-member rate	
Pilates Reformer	7:00am	Monday, Wednesday, Fridays	\$180 6pk, \$300 12pk \$35 single	\$220 NM-6pk, \$400 NM 12pk, \$50 NM Single	

## 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

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*"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*