

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) | | Fun Fitness (BC) | | Fun Fitness (BC) | |
| 9:00-9:50 am 9:00-9:30* am | Core Fitness (FF)* | World Dance Jam(A) | Core Fitness (FF)* Tai Chi(B) | World Dance Jam(A) | Tai Chi(B) | |
| 10:00-10:50 am | New Life Active Adult(A) | Fascia Fix(B) | New Life Active Adult(A) | Fascia Fix(B) | New Life Active Adult(A) | Power Sculpt(A) |
| 11:00-11:50 am | Yoga For Arthritis(A) | Yoga For Arthritis(A) | Ballroom Dancing (BC) | Yoga For Arthritis(A) | Ballroom Dancing (BC) | |
| 12:00-1:00 pm | | | Ballroom Dancing (A) | | | |
| 5:00-5:25 pm | | | | | | |
| 5:00-5:50 pm | Yoga(A) | | Yoga(A) | | | |
| 6:00-6:50 pm | Psycling(B) | Zumba(A) | Psycling(B) | Zumba(A) | | |
| 7:00-7:50 pm | | | Fascia Fix(B) | | | |

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) | Aquatics Plus(E) | HydroMix(E) | Aquatics Plus(E) | HydroMix(E) |
| 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) | AquaticBody Sculpting(E) | HydroMix(E) | | |
| 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 & 4:30pm | Monday through Friday | \$149 Individual | crossfitaltus@hbu.edu | CrossFit Box |
| | 12:00noon- Barbell Club | Monday through Friday | \$259 Couple | | |
| | 5:30 pm & 6:30 pm | Monday through Thursday | | | |
| Karate | 6 pm – 6:50 pm | Monday | | Bukatsu.osako.dojo@gmail.com | Studio A |
| | 7 pm – 7:50 pm | | | Osako Sensei | Studio A |
| | 6 pm – 6:50 pm | Thursday | | 5 th Degree Black Belt | Studio B |
| | 7 pm – 7:50 pm | | | | Studio A |
| | 2 pm – 3:30 pm | Saturday | | | Studio A |
| | 3:30 pm - 4:50 pm | | | | Studio A |
| | 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*