

# GROUP FITNESS CLASS SCHEDULE

## HCU BRADSHAW FITNESS CENTER

281-649-3501 | fitnesscenter@hc.edu | hbufit.org

### FITNESS CLASSES

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:05 am-6:05 am	Altus Barbell Club* (BC)	Altus Barbell Club* (BC)	Altus Barbell Club* (BC)	Altus Barbell Club* (BC)	Altus Barbell Club* (BC)	
6-7:00 am	No Xcuses*(BC+FF)		No Xcuses*(BC+FF)		No Xcuses*(BC+FF)	
7-8:00 am	Pilates Reformer (PS)		Pilates Reformer* (PS)		Pilates Reformer* (PS)	
8:00-8:50 am	Fun Fitness (BC)		Fun Fitness (BC)		Fun Fitness (BC)	
8:30-9:30 am						
9:00-9:30* am	Core Fitness (FF)		Core Fitness (FF)			
9:00-9:50 am	World Dance Jam(B)	World Dance Jam (B)	Tai Chi(B)		Tai Chi(B)	
10:00-10:50 am	New Life Active Adult(B)	Fascia R&R(B)	New Life Active Adult(B)	Fascia R&R (B)	New Life Active Adult(B)	Jiu-Jitsu, Kids* (A) Power Sculpt(B)
11:00-11:50 am	Yoga For Arthritis (B)	Jiu-Jitsu, Adults*(A) Yoga For Arthritis (B)	Ballroom Dancing (BC)	Jiu-Jitsu, Adults*(A) Yoga For Arthritis(B)	Ballroom Dancing (BC)	Jiu-Jitsu, Adults*(A)
12:00-1:00 pm	Altus Barbell Club* (BC)	Altus Barbell Club* (BC)	Altus Barbell Club* (BC) Ballroom Dancing (B)	Altus Barbell Club* (BC)	Altus Barbell Club* (BC) Ballroom Dancing (B)	
2:30-3:20 pm						Karate, Adults*(A)
3:30-4:20 pm						Karate, Kids* (A)
4:30 - 5:30 pm	Altus Barbell Club* (BC)	CrossFit Altus* (BC)	CrossFit Altus* (BC)	CrossFit Altus* (BC)	CrossFit Altus* (BC)	
5:00-5:50 pm	Jiu-Jitsu, Kids*(A) Yoga(B)	Jiu-Jitsu, Kids* (A)	Jiu-Jitsu, Kids*(A) Yoga(B)	Jiu-Jitsu, Kids*(A)		
5:30-6:30 pm	Altus Barbell Club* (BC)	Altus Barbell Club* (BC)	Altus Barbell Club* (BC)	Altus Barbell Club* (BC)		
6:00-6:50 pm	Jiu-Jitsu, Adults*(A) Karate, Kids* (B)	Jiu-Jitsu, Adults*(A) Zumba(B)	Jiu-Jitsu, Adults* (A) Fascia R&R (B)	Jiu-Jitsu, Adults*(A) Karate, Kids* (BC) Zumba (B)		
6:30-7:30 pm	Altus Barbell Club*(BC)	Altus Barbell Club* (BC)	Altus Barbell Club* (BC)	Altus Barbell Club* (BC)		
7:00-7:50 pm	Karate, Adults* (B)	Karate, Kids* (B)	Karate, Adults* (B)	Karate, Adults* (B)		

Locations: A = studio room A; B = studio room B; FF = fitness floor; BC = basketball court. \*CrossFit is located inside the basketball court in the renovated Racquetball Court area.

### AQUATIC CLASSES

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-9:50 am	Aquatics Plus(E)	HydroMix(E)	Aquatics Plus(E)	HydroMix(E)	Aquatics Plus(E)	HydroMix(E)
6:00-6:50 pm	AquaticBody Sculpting(E)	HydroMix(E)	AquaticBody Sculpting(E)	HydroMix(E)		

Locations: E = exercise pool; L = first lap lane only (with ladder); T = therapy pool

### \* Fee Based Programs

### Fee Based Programs

Programs	TIME  Day   Location	Contact Information	HCU Students	Non-HCU Students	LOCATION
CrossFit Altus	See Above	crossfitaltus@hbu.edu Please email before attending.	\$95	\$179, Adult. \$299 Couple.	
Altus Barbell Club	See Above	crossfitaltus@hbu.edu. Please email before attending.	\$95	\$179, Adult. \$299 Couple.	
Renzo Gracie Jiu-Jitsu	See Above	jiujitsu@hbu.edu Please email before attending.	Please contact.	\$ 179, Adult. \$279 couple. \$75, Child. \$100 Children (2).	
Karate	See Above	bukatsu.osako.dojo@gmail.com   Osako Sensei	Please Contact.		
No Xcuses	6:00 am MWF	fitnesscenter@hbu.edu	\$159-member rate	\$185 non-member rate	
Pilates Reformer	7:00am MWF	fitnesscenter@hbu.edu	\$180 6pk, \$300 12pk \$35 single	\$220 NM-6pk, \$400 NM 12pk, \$50 NM Single	

### Fee Based FITNESS CLASS DESCRIPTIONS

All emboldened classes are NOT included in the general membership fee. However, a membership with CrossFit Altus, Altus Barbell, and Renzo Gracie Jiu-Jitsu include a FREE membership to the Bradshaw Fitness Center for all individuals 18 years of age or older. For additional questions, please email the appropriate corresponding agents as indicated above.

Contact BFC for pricing: 281-649-3501 or email fitnesscenter@hc.edu

Updated:08/01/2024

"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