



# BP Fitness Center

## Q3 Group Fitness Schedule - WL1 Jun 2nd - Aug 29th

***no classes on Fri July 4th***

|           | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|-----------|--|--|---|---|--|
| Afternoon | 5:00am   | Cycle<br>5:45am-6:30am<br>Bill - Cycle Studio                          |   | Cycle<br>5:45am-6:30am<br>Jiji - Cycle Studio                 |  |
|           | Please enjoy Wellbeats on Demand   |  |   |   |  |
|           | 11:00am  | Yoga with Props<br>11:15 am - 12:00pm<br>Amy - Studio A/ <b>Hybrid</b> | Pilates<br>11:15am-12:00pm<br>Kirie - Studio A/ <b>Hybrid</b> | Yoga Flow<br>11:15am - 12:00pm<br>Amy - Studio A              | Power Express<br>11:15am - 12:00pm<br>Stephen - Studio A / <b>Hybrid</b>           |
|           |  |  | Cycle<br>11:30am - 12:15pm<br>Jiji - Cycle Studio             |   |  |
|           | 12:00pm  | Metabolic Burn (30min)<br>12:05pm - 12:35pm<br>Karleigh - Studio A     | TRX® (30min)<br>12:05pm - 12:35pm<br>Kirie - Studio A         | Metabolic Burn (30min)<br>12:05pm - 12:35pm<br>Edie- Studio A | Stretch & Mobility (30min)<br>12:05pm - 12:35pm<br>Cindy - Studio A/ <b>Hybrid</b> |
| Eve       | 2pm Stretch & Move Breaks via Teams (10 min.) every Tuesday and Thursday |  |   |   |  |
|           | 4:00pm   | Sculpt Fusion<br>4:15pm - 5:00pm<br>Kathi - Studio A                   | Zumba® (new)<br>4:15pm - 5:00pm<br>Edie - Studio A            | Barbell Strength<br>4:15pm - 5:00pm<br>Edie - Studio A        | Pilates<br>4:15pm - 5:00pm<br>Kathi - Studio A                                     |

Virtual links available on our Group Fitness Webpage  
<http://www.bpfitnesscenter.net/groupfitness>

**Jun 3rd - Aug 29th**

*no classes on Fri July 4th*

**Join our Summer Sweat Fest Challenge and  
earn a chance to win a prize!**

Beginners welcome and encouraged to join. New to Group Fitness? Book an  
orientation session in-person or online: [edie.garcia-gutierrez@bp.com](mailto:edie.garcia-gutierrez@bp.com)

**Sign up for the Summer Sweat Fest  
Challenge!**





## BP Fitness Center

### Q3 Group Fitness Schedule - Helios Jun 2nd - Aug 29th

***no classes on Fri July 4th***

|           | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|-----------|---|--|--|--|--|
| Afternoon | No early morning sessions. Please enjoy Wellbeats on Demand                   |  |  |  |  |
|           | 11:00am<br>Barre<br>11:00am-11:45am<br>Kirie - Helios/ <b>Hybrid</b>          | Body Sculpt <i>(new time)</i><br>11:15am-12:00pm<br>Betti - Helios | Yoga<br>11:00am-11:45am<br>Kirie - Helios/ <b>Hybrid</b>           | Pilates Fusion<br>11:15am-12:00pm<br>Kirie - Helios/ <b>Hybrid</b> | Stretch & Mobility<br>11:15am-12:00pm<br>Kirie Helios/ <b>Hybrid</b> |
|           | 12:00pm<br>Gyrokinesis<br>12:00pm-12:45pm<br>Fernando - Helios/ <b>Hybrid</b> |  |  |  |  |
|           | 2pm Virtual Stretch & Move Breaks via Teams (10 min.)                         |  |  |  |  |
| Eve       | 4:00pm  |  | Line Dancing <i>(new time)</i><br>4:15pm-5:00pm<br>Marlene- Helios |  |  |

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