



# BP Fitness Center

## Q4 Group Fitness Schedule - WL1 Sep 8th - Nov 21st

	Monday	Tuesday	Wednesday	Thursday	Friday
Afternoon	5:00am	Cycle 5:45am-6:30am Bill - Cycle Studio			
	Please enjoy Wellbeats on Demand when a class is not in session				
	11:00am	Yoga with Props ● 11:15 am - 12:00pm Amy - Studio A/Hybrid	Pilates ● 11:15am-12:00pm Kirie - Studio A/ Hybrid	Yoga Flow 11:15am - 12:00pm Amy - Studio A	Power Express 11:15am - 12:00pm Stephen - Studio A / Hybrid
			Cycle 11:30am - 12:15pm Jiji - Cycle Studio		
	12:00pm	Metabolic Burn 12:05pm - 12:35pm Karleigh - Studio A	TRX® ● 12:05pm - 12:35pm Kirie - Studio A	Metabolic Burn 12:05pm - 12:35pm Kathi - Studio A	Stretch & Mobility ● 12:05pm - 12:35pm Cindy - Studio A/Hybrid
Eve	2pm Stretch & Move Breaks via Teams (10 min.) every Tuesday and Thursday - seated chair class				
	4:00pm		Zumba® 4:15pm - 5:00pm Edie - Studio A	Pilates ● 4:15pm - 5:00pm Kathi - Studio A	

● Low Impact - Beginner Friendly

Virtual links available on our Group Fitness Webpage:

<http://www.bpfitnesscenter.net/groupfitness>

**Sep 8th - Nov 21st**

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)

### Upcoming Group Fitness Events:

**12:15pm 45min. Virtual Urban Line Dancing**

- last Tuesday of the month

**Hispanic Heritage Month Activities -**

mid Sept through mid Oct

**10 Days of Mindfulness Challenge -**

Oct 1st - Oct 10th

**World Mental Health Day - Friday Oct 10th**



# BP Fitness Center



## Q4 Group Fitness Schedule - Helios Sep 8th - Nov 21st

	Monday	Tuesday	Wednesday	Thursday	Friday
Afternoon	No early morning sessions. Please enjoy Wellbeats on Demand when a class is not in session				
	11:00am <b>Barre</b> ● 11:00am-11:45am Kirie - Helios/ <b>Hybrid</b>	11:15am-12:00pm <b>Balletone</b> Edie - Helios	11:00am-11:45am <b>Yoga</b> ● Kirie - Helios/ <b>Hybrid</b>	11:15am-12:00pm <b>Pilates Fusion</b> ● Kirie - Helios/ <b>Hybrid</b>	11:15am-12:00pm <b>Stretch &amp; Mobility</b> ● Kirie Helios/ <b>Hybrid</b>
	12:00pm (seated chair class) <b>Gyrokinesis</b> ● 12:00pm-12:45pm Fernando - Helios/ <b>Hybrid</b>	(last Tue of the month) <b>Virtual Line Dancing</b> ● 12:15p - 1:00pm Natasha - Teams Only	(new day and time) <b>Body Sculpt</b> 12:00pm-12:45pm Betti - Helios		
	2pm Virtual Stretch & Move Breaks via Teams (10 min.) - seated chair class				
Eve	4:00pm		Urban Line Dancing ● 4:15pm-5:00pm Natasha- Helios		

● Low Impact - Beginner Friendly

Virtual links available on our Group Fitness Webpage:

<http://www.bpfittnesscenter.net/groupfitness>

**Sep 8th - Nov 21st**

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)

### Upcoming Group Fitness Events:

**12:15pm 45min. Virtual Urban Line Dancing** -  
last Tuesday of the month

**Hispanic Heritage Month Activities** -  
mid Sept through mid Oct

**10 Days of Mindfulness Challenge** -  
Oct 1st - Oct 10th

**World Mental Health Day** - Friday Oct 10th