
















BOSQUE GROUP EXERCISE JANUARY 2021 CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	 Laura C.		 Laura C.			
9:00 AM	 Anja W.		 Jenn K.		 Anja W.	 Jenn K.
12:00PM	 Eileen G.	YOGA Danny A.	 Eileen G.	YOGA Danny A.	 Ann M.	 Danielle P.
5:30 PM			 Michael D.	 Danielle P.		
6:45 PM		 Erin G.				

Class Descriptions!

BodyCombat™: Is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai.

BodyPump: The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and YOUR choice of weight inspire you to get the results you came for – and fast!

BodyJam: Lose yourself in this dance-inspired cardio workout to the latest dance styles and the hottest new sounds.

BodyFlow™: The Yoga Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling long, strong, calm and centered

Yoga: Breath-synchronized yoga set in a flowing circular sequence at a medium pace. Cultivates core and leg strength with upper-body freedom.

Zumba: Latin inspired moves and dance themes come together to create a dynamic, fun class.