



Group & Senior Fitness Schedule

December 2023

HOURS OF OPERATION

M-F 5am-9pm

Sat-Sun 7am-2pm

Phone. 7249172857

Child Watch Hours

Toddler Room

M-Fri 9:00-12:30pm

M-Th 4pm-7pm

Sat. 9 - 12:00

Youth Room

M-Th 4pm-8pm

Sat-9:00-12:00 pm

MONTHLY MEMBERSHIP

PRICING

Family-\$40

Adult-\$25

College Student-\$20

Student (Grades
9-12)-\$15

Youth (Grades
K-8)-\$10

Ask about
Scholarships!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am-6:45 Cycling	9:00am-9:45 Silver Sneakers Circuit	6:00am-6:45 Cycling		8:00am-8:45 Cycling	
9:00-10:00 Cardio w/ Carla	9:00-10:30 Cardio w/ Carla	10:00- 11:00 Cycling	9:00a – 10:00 Cardio w/Carla	9:30-10:30 Yoga w/Carla	9:00-10:00 Cardio w/ Carla	
10:15-11:00 Stretch & Tone w/Carla	11:00-12:00 Boxing, Body and Brain for Adults	11:15-12:15 Yoga Learning w/Liz	10:15-11:00 Stretch & Tone w/Carla	10:45-11:45 Cardio w/Carla	10:15-11:00 Total Body Sculpt NO CLASS DEC. 9th	
11:15-12:15 Qigong Tai Chi w/ Robin			11:15-12:00 Silver Sneakers Circuit			
4:45p-5:30 Cycling	4:00p-4:45 Total Body Sculpt w/Mary Sue	5:45p-6:30 Cycling	4:00p-4:45 Total Body Sculpt w/ Mary Sue NO CLASS DEC. 7th			
5:45p-6:30 Stretch & Tone w/ Carla	5:45p-6:45 Yoga w/ Carla	5:45p-6:45 Cardio w/ Carla	5:45p-6:30 Total Body Sculpt w/ Mary Sue NO CLASS DEC. 7th			FACEBOOK Baughman Family Community Center
7:00-8:00 Yoga w/ Carla		7:00-8:00 Yoga w/ Carla				WEBSITE www. baughmanfcc .org

• You can find all class descriptions on the back of this paper. Any other questions... Just ask!



***The Baughman Family Community Center is a Proud Partner of**

CARLA'S CARDIO: Intermediate- advanced level. May include any of the following; Hi-LO, low impact, step, slide, circuit, boxing, and various floor work! Note: Tuesday is a 90 minute class & Saturday is a 60 minute class.

SILVER SNEAKERS CIRCUIT: 45 minute fitness class alternating cardio & strength intervals to improve cardio endurance, muscular strength & endurance, skill improvement, & functional movement patterns designed to help with everyday living. All exercises in this class can be modified to anyone's specific needs!

STRETCH & TONE: 45 minute class with warm-up, toning with various props and stretching! Great for all fitness levels.

CYCLING: Indoor group cycling classes provide an energized atmosphere as instructors guide participants through a challenging ride with classes focusing on endurance, strength, intervals, high intensity and recovery, using a special stationary exercise bicycle with a weighted flywheel in a classroom setting.

PARENT/CHILD YOGA: The class focuses on fine and gross motor skills, body awareness, sensory and physical exploration, social skills, and parent-child bonding.

YOGA LEARNING: Beginner class introducing fundamentals of yoga such as breath, alignment and balance.

CARLA'S YOGA: Flow based set of postures including floor and standing salutations. Increasing flexibility and strength. Creative sequencing with meditation to ensure that each practitioner gains the maximum benefits of the mind body connection that yoga provides. Standing & Floor work.

TOTAL BODY SCULPT: A total body workout for every level of fitness. Shape and define your legs, glutes, upper body and abs! Modifications are provided to ensure everyone's success.

SENIOR BOXING FOR BODY AND BRAIN: The 3 B's involves conditioning of body core, arms, and legs: movement (footwork); balance; coordination of the entire body; endurance; and cognitive functioning (thinking, alertness, awareness). This is not a high intensity class.

QIGONG TAI-CHI: Martial art practice known for slow intentional movements. A popular form of gentle exercise & moving meditation, with benefits to mental and physical health. Great for all fitness levels.

ALL CLASSES INCLUDED WITH MEMBERSHIP. PLEASE FEEL FREE TO ASK WITH ANY QUESTIONS & REMEMBER ANY CLASS CAN BE MODIFIED.