

1 on 1 PERSONAL TRAINING - One hour session with a personal trainer, focusing on personalized attention to your health & fitness goals.

AGELESS YOGA - Find balance, strength & flexibility using standing yoga postures with the support of a chair. Class begins and ends with a seated meditation. No floor postures.

BARRE BALANCE - Standing class using the bar for balance & gentle strength training. May also incorporate some basic ballet moves at the bar. All levels welcome.

CARDIO, CORE AND CONDITIONING (THREE C'S) - Low impact aerobics improve coordination and balance with easy to follow patterns and movements, while muscle training increases strength & endurance. Abdominal work focuses on core girdle.

CARDIO DANCE PARTY - Simple dance moves intertwined with fitness moves for a head to toe fun workout experience. Fun music of all styles.

CHAIR YOGA - Connect gentle body movement with your breathing as you work to gain more strength, flexibility & balance. Seated and standing postures. Chair or bar can be used for support, with optional standing poses.

DRUM HAPPY - Seated drumming to a variety of music, enhancing sensory and motor skills while bringing joy and fun to everyone!

GENTLE MOVES YOGA 1 & 2 - Basic yoga poses, strengthen your core & improve balance. Practice simple relaxation/meditation techniques. Must be able to transition to the floor.

LABLAST DANCE - Dance fitness based on basic ballroom dance moves done partner free. Waltz, Tango, foxtrot, and more. Weight work is integrated in to some dances to give a full body, fun workout.

MINDFUL MEDITATION - Practice mindfulness and relaxation with this meditative class! Class will start with simple and gentle movement to warm the body, then move into an extended meditation. Find your comfort zone standing, seated, or on the floor. Come prepared to let go, relax, and just breathe!

MINDFUL MOVEMENT PILATES - Create a better mind/body connection through core focused exercises that will lengthen and strengthen your body. Pilates will meet you wherever you are on your fitness journey! Exercises can be modified.

POWER HOUR - Power hour is a fun filled hour of strength, cardio and Pilates inspired movements, stimulate the brain, speed up tactical reaction and improve visual memory all while burning calories and having fun!

S.E.A.T. - Supportive Exercise & Ability Training! Chair assisted workout encompassing cardio, strength, agility & balance. Lots of variety and fun in a socially engaging environment.

SMALL GROUP PERSONAL TRAINING (S.G.P.T.) - Personalized attention within a group may help you reach your specific health & fitness goals. Class is limited in size. All fitness levels.

S.G.P.T. - STRENGTH & MOBILITY - Personalized attention within a small group, functional training for mobility promoting the ability to move freely, safely & comfortably.

STRETCH & STRENGTH - Class is performed standing and on the floor using hand weights, stability balls, foam rollers and your own body weight. Advanced level class - must be able to balance on stability ball and move from standing to floor.

STRENGTH & BALANCE - LEVEL 2 - Class is performed standing and on the floor using hand weights, stability balls, foam rollers and your own body weight. Advanced level class - must be able to balance on stability ball and move from standing to floor.

TAI CHI CHUAN - Tai Chi Chuan enhances balance and body awareness with slow, gentle, graceful & precise movements. Beginners and Continuing

YIN YOGA - This slow, gentle form of yoga is the perfect complement to a hectic, fast-paced life or intense workouts. Yin yoga uses gentle, relaxing postures to alleviate tension, enhance breath awareness, and develop mindfulness.

ZUMBA® - Fuses hypnotic Latin & international rhythms with simple moves to create a dynamic workout system that's fun and easy to do! All fitness levels welcome.

BTSS GROUP FITNESS SCHEDULE -LAND- SPRING (MARCH / APRIL / MAY)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SMALL GROUP STRENGTH & MOBILITY= H 7:30-8:15 (JS)	S.G.P.T. = L 7:30-8:30 (JS)		S.G.P.T. = L 7:30-8:30 (JS)	
LABLAST DANCE FITNESS --ABS= L 9:00-10:00 (DT)	CARDIO, CORE & CONDITIONING = L 9:00-10:00 (DE)	STRENGTH & BALANCE (LEVEL 2) = H 9:00-10:00 (AD)	CARDIO DANCE PARTY = L 9:00-10:00 (TF)	STRENGTH & BALANCE (LEVEL 2) = H 9:00-10:00 (LF)
BARRE BALANCE = L 10:30-11:15 (DT)	GENTLE MOVES YOGA (LEVEL 2) = H 10:30-11:30 (JV)	TAI CHI CONTINUING = L 10:30-11:15 (HW)	GENTLE MOVES YOGA = H 10:30-11:30 (LM)	MINDFUL MOVEMENT PILATES = L 10:15-11:15 (AK)
CHAIR YOGA = H 11:30-12:30 (DT)	MINDFUL MEDITATION = H 11:45-12:15 (JV)	AGELESS YOGA = L 11:30-12:20 (KL)	S.G.P.T =L 12:00-1:00 (LM)	S.G.P.T. = L 11:30-12:30 (LF)
DRUM HAPPY= L 1:00-1:45 (MP)	S.E.A.T. = L 1:30-2:15 (BS)	BARRE BALANCE = L 12:45-1:30 (DT)	S.E.A.T. = L 1:30-2:15 (LM)	YIN YOGA = H 1:00-1:45 (JV)
TAI CHI BEGINNING=L 2:00-3:00 (HM)		STRETCH & STRENGTH = H 1:45-2:45 (AD)		POWER HOUR = L 2:00-3:00 (AD)
			V = VIRTUAL ONLY H = HYBRID L = LIVE ONLY	
ZUMBA/LABLAST®= V 5:15-6:00 (MP)		ZUMBA/LABLAST® = V 5:15-6:00 (MP)		2/7/25 /KF

Fitness Coordinator, Amanda Dupree at adupree@bloomfieldtwp.org,
or Associate Fitness Coordinator, Jason Schaefer at jschaefer@bloomfieldtwp.org

TO PROTECT THE EQUIPMENT AND FLOORING, PLEASE CARRY IN (DO NOT WEAR IN) YOUR CLEAN WORKOUT SHOES.