



BELLINGHAM  
**TRAINING & TENNIS**  
 CLUB

**\*SUMMER SCHEDULE\***  
**June 5 - September 2nd**

Time	Mon	Tues	Wed	Thurs	Fri	Sat
5:45	<b>Strong 45</b> Elizabeth	<b>Ride 60</b> Elizabeth	<b>Strong 45</b> Elizabeth	<b>Ride 60</b> Elizabeth	<b>Strong 45</b> Elizabeth	
6:00		<b>Strong 45</b> Kendyl		<b>Strong 45</b> Kendyl		
7:00	<b>Ride 60**</b> <i>**starts 6/19</i> Robin/ Elizabeth	<b>Cardio Tennis</b> Matthew	<b>Ride 60**</b> <i>**starts 6/19</i> Robin/ Elizabeth		<b>Ride 60</b> Elizabeth	
8:30	<b>TRX 30</b> Elizabeth		<b>TRX 30</b> Elizabeth		<b>TRX 30</b> Kendyl	<b>8:00 am Ride 60</b>
9:00	<b>TRX Mobility</b> Jackie				<b>TRX Mobility</b> Jackie	
9:30		<b>Strong 45</b> Kendyl	<b>Strong 30</b> Kendyl			
10:00	<b>VIP - Tyler</b>		<b>VIP - Tyler</b>		<b>VIP - Tyler</b>	
	<b>Ride 30 L1</b> Jackie		<b>Ride 30 L1</b> Jackie		<b>Ride 30 L1</b> Jackie	
10:35	<b>Ride 30 L2</b> Jackie		<b>Ride 30 L2</b> Jackie		<b>Ride 30 L2</b> Jackie	
11:00	<b>Body Con 45</b> Tyler		<b>Body Con 45</b> Roxanne		<b>Body Con 45</b> Tyler	
12:00					<b>Cardio Tennis</b> Griffin	
5:00		<b>Strong 45</b> Roxanne		<b>Ride &amp; Strong</b> Jackie & Roxanne		
5:30	<b>Strong 45</b> Tyler		<b>Strong 45</b> Tyler		<b>Strong 45</b> Tyler	
6:00	<b>Ride 60</b> Matt					

**Classes in red text indicate a Fitness Camp, which requires registration & additional fee.**  
**Classes in a gray box indicate that they will take place in the "ride" cycle studio.**



## GET Fit Class Descriptions

### **Strong 45**

Strength + cardio conditioning for general population. Our new open format includes intervals on cardio equipment (including our new Matrix sled) and strength with kettlebells, TRX, weight stacks + more! 45 min.

### **Body Con 45**

Total Body Conditioning (*Body Con for short*) is a full body workout featuring a mix of strength, flexibility and cardio suited for the active aging population. 45 minutes.

### **Ride 30**

This short, 30-minute interval training class offers two levels to choose from: Level 1 and Level 2. We highly recommend warming up before this workout.

*Level 1* = shorter intervals and longer recovery periods for those just starting out, beginning their conditioning or needing a lighter workout day.

*Level 2* = more intense with longer working intervals and shorter recovery periods for maximum effort and calorie burn.

### **Ride & Strong**

In this combination class, you get the best of both worlds - 30 minutes of strength + 30 minutes of cycle! You choose where you want to start (cycle or strength?). After 30 minutes, you'll switch. Two instructors. Two classes in one! 60 minutes total.

### **Ride 60**

This cycle class offers a big calorie burn and fun, challenging & energizing workouts. Ride focus and difficulty varies throughout the month. Work at your own level. 60 minutes.

### **TRX Circuits 30**

This short, intense workout alternates the TRX with free weights, kettlebells and bodyweight exercises in a 4-station style circuit. We highly recommend warming up before this workout. 30 minutes.

### **Cardio Tennis**

This workout takes place on the court! 60 minutes of fast-paced drills and games will keep your body in constant motion, improve your speed & agility, and burn a ton of calories. Expect to sweat! 60 minutes. (*Recommended skill level of 2.5+ and the ability to run on court*)

### **VIP**

VIP is Small Group Training by a Personal Trainer. Available only with Gold Memberships (*waitlist available at front desk*). 30 minutes. Max 6 participants. Drop-ins not available.

### **TRX Mobility**

This active aging workout is performed 100% on the TRX to improve balance, increase strength and release muscle tension. 45 minutes. This is a monthly camp that requires registration. Fee: \$136 non-members; \$115.60 members

Looking for Cycle Moles or The Tour de France? This summer we won't be able to offer either of these programs. However, we will offer 7am Ride 60 drop-in classes this summer. Look for Cycle Moles to return this fall!

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