

# GROUP FITNESS CLASS SCHEDULE

HBU BRADSHAW FITNESS CENTER

281-649-3501

hbufit.org

## FITNESS CLASSES

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:50am	Fun Fitness (BC)		Fun Fitness (BC)		Fun Fitness (BC)	
9:00-9:50 am	Pilates Plus Stretch (FF)	World Dance Jam(A)	Pilates Plus Stretch (FF) Tai Chi(B)	World Dance Jam(A)	Tai Chi(B)	
10:00-10:50 am	New Life Active Adult(A)	Fascia Fix(B)	New Life Active Adult(A)	Fascia Fix(B)	New Life Active Adult(A)	
11:00-11:50 am	Yoga For Arthritis(A)	Yoga For Arthritis(A)		Yoga For Arthritis(A)		
4:30-5:00 pm						
5:00-5:25 pm						
5:00-5:50 pm	Yoga(A)		Yoga(A)			
6:00-6:50 pm	Psycling(B)	Zumba(A)	Psycling(B)	Zumba(A)		
7:00-7:50 pm			Fascia Fix(B)			

Locations: A = studio room A; B = studio room B; FF = fitness floor; BC = basketball court;

## AQUATIC CLASSES

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:50 am						
9:00-9:50 am	Aquatics Plus(E)	HydroMix(E)	Aquatics Plus(E)	HydroMix(E)	Aquatics Plus(E)	HydroMix(E)
10:00-10:30 am						
10:00-10:50 am						
10:35-11:00 am						
6:00-6:50 pm	AquaticBody Sculpting(E)	HydroMix(E)	AquaticBody Sculpting(E)	HydroMix(E)		
7:00-7:30 pm						

Locations: E = exercise pool; L = first lap lane only (with ladder); T = therapy pool

*All classes above are included with membership! (Descriptions on back side.)  
Get fit, have fun & participate! Classes must regularly average 8 members to thrive!*

## Fee Based FITNESS CLASSES

CLASS	TIME	Day	PRICING	CONTACT INFO	LOCATION
CrossFit Altus	5:05am	Monday through Friday	\$149 Individual	crossfitaltus@hbu.edu	CrossFit Box (Back of Basketball Court)
	12:00noon- Barbell Club	Monday through Friday	\$259 Couple		
	4:30pm	Monday, Wednesday, Friday			
	5:30pm	Monday through Thursday			
	6:300pm	Tuesday and Thursday			
Karate	4:30pm-5:50pm (Kids)	Monday (Studio B) and Thursday (Studio A)		Osako Sensei	
	6:00pm-6:50pm (Kids)	Monday		2 <sup>nd</sup> Degree Black Belt	Studio A
	5:30pm-6:50pm (Kids)	Thursday		Bukatsu.osako.dojo@gmail.com	Studio B
	7:00pm-8:00pm (Adults)	Monday and Thursday			Studio A
	4:00pm-4:50pm (Kids)	Friday			Studio A
	5:30pm-5:50pm (Adults)	Friday			Studio B
	3:00pm-5:00pm	Saturday (Kids&Adults)			Studio A
No Xcuses	6:00 am	Monday, Wednesday, Friday	\$159 member rate	\$185 non-member rate	
Pilates Reformer	7:00am	Monday, Wednesday, Fridays	\$180 6pk, \$300 12pk \$35 single	\$220 NM-6pk, \$400 NM 12pk , \$50 NM Single	

## Fee Based FITNESS CLASS DESCRIPTIONS

**CrossFit Altus:** CrossFit is a lifestyle characterized by safe, effective exercise and sound nutrition. It can be used to accomplish any goal, from improved health to weight loss to better performance. The program works for everyone—people who are just starting out and people who have trained for years. ©

Contact BFC for pricing: 281-649-3504 or email fitnesscenter@hbu.edu

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*"At the time, discipline isn't much fun. It always feels like it's going against the grain.  
Later, of course, it pays off handsomely, for it is the well-trained who find themselves mature in their relationship with God." Hebrews 12:11*