

March

BLUEFIELD FITNESS & RECREATION CENTER

Fitness Classes Schedule

MONDAY

Cardio Fusion
8:45 AM

Silver Sneakers Splash
10:00 AM

Line Dancing
5:30 PM

Deep Water Resistance
Core & Balance
5:30 PM

Intense Cycles
6:00 PM

TUESDAY

Vinyasa Yoga
9:00 AM

Water Resistance
Core & Balance
5:30 PM

Hatha Yoga
6:30 PM

WEDNESDAY

Cardio Fusion
8:45 AM

Stretch & Flex Yoga
9:30 AM

Silver Sneakers Splash
10:00 AM

Intense Cycles
6:00 PM

Line Dancing
6:30 PM

THURSDAY

Vinyasa Yoga
9:00 AM

Aqua Dance &
Tone Aerobics
5:30 PM

Power Hour
5:30 PM

Hatha Yoga
6:30 PM

FRIDAY

Cardio Fusion
8:45 AM

Silver Sneakers Splash
10:00 AM

SATURDAY

Relax Flow
10:00 AM

SUNDAY

No Classes

Fitness classes are included with FitRec memberships, or you can purchase a 10-class punch card (\$50) at the front desk.



All class schedules are subject to change.

Please sign up to receive text message notifications for updates on our classes at the front desk.

BLUEFIELD
FITNESS &
RECREATION
CENTER

PlayBluefieldWV
Parks and Recreation

Aqua Dance & Tone Aerobics: A shallow water cardio combo-style water workout that includes cardio, strength, and stretching with dance flow.

Cardio Fusion: Combination that includes various cardio moves, toning, weights, hula hoops and/or stability balls, abs, and stretch.

Deep Water Resistance Core & Balance: Circuit interval, Tabata cardio combo-style water workout that includes cardio, strength, and stretching. Optional deeper water usage.

Hatha Yoga: Slow-moving class that works on muscle endurance. Postures held for around 7 breaths. Includes pranayama, breath work, and anxiety.

Intense Cycles: The instructor will lead the class in different variations and drills on the bikes. The class is limited to 14 participants.

Line Dancing: Increase stamina and cardiovascular endurance, improve balance, move rhythmically to energizing music, release stress, and have fun! No dance experience is needed.

Power Hour: Using light to moderate weights with repetition, these exercises give you a full-body workout that will burn many calories while toning and strengthening your entire body.

Relaxed Flow: Focuses on calming your center through flow and stretches.

Silver Sneakers Splash: A water aerobics and strength class for all skill levels — even non-swimmers. This aqua exercise class offers a full-body workout that reduces impact on your knees and back.

Stretch & Flex Yoga: Participants will work on breathing, stretching, toning, and relaxation facilitated by different blocks and bands.*

Vinyasa Yoga: Focuses on the flow between poses and breath-synchronized transitions to achieve inner balance.*

**Bring your own mat*

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