bgc Niagara

GROUP FITNESS CLASS SCHEDULE

EJ FREELAND COMMUNITY CENTRE - FALL 2026

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 am		**BGC CYCLE** Brett 50 min (Studio)		**BGC CYCLE** Brett 50 min (Studio)	**BGC CYCLE** Brett 50 mins (studio)
10:30 am	**BGC ACTIVE** Kerry 50 min (Studio)	**BGC F.I.T.** Brett 50 min (Studio)	**BGC ACTIVE** Kerry 50 min (Studio)	**BGC F.I.T.** Brett 50 min (Studio)	**BGC ACTIVE** Brett 50 min (Studio)
12:00 pm		**BGC ACTIVE** Brett 50 min (Studio)		**BGC ACTIVE** Brett 50 min (Studio)	**BGC BOX** Brett 50 min (Studio)
4:15 pm	**BGC ACTIVE 25** Brett 25 min (Studio)		**BGC ACTIVE 25** Brett 25 min (Studio)		
4:45 pm	**BGC F.I.T. 25** Brett 25 min (studio)		**BGC F.I.T. 25** Brett 25 min (studio)		
5:15 pm	**BGC BOX 25** Brett 25 min (studio)		**BGC BOX 25** Brett 25 min (studio)		
6:00 pm	**BGC FLOW** Lia 50 min (Studio)	**BGC STRONG** Lisa 50 min (Gym)	**BGC BOX** Brett 50 min (Studio)	**BGC FLOW** Lia 50 min (Studio)	
7:00 pm	**BGC F.I.T.** Brett 50 min (Studio)		**BGC CYCLE** Brett 50 min (Studio)	**BGC STRONG** Lisa 50 min (Gym)	

*BGC ACTIVE – Formerly Gentlefit + IMPROVE your Mobility
*BGC F.I.T. – Formerly Power Zone + FUNctional Fitness
*BGC STRONG – Formerly Strength + Cardio Mix

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Move Fluidly. *Feel Calm.*

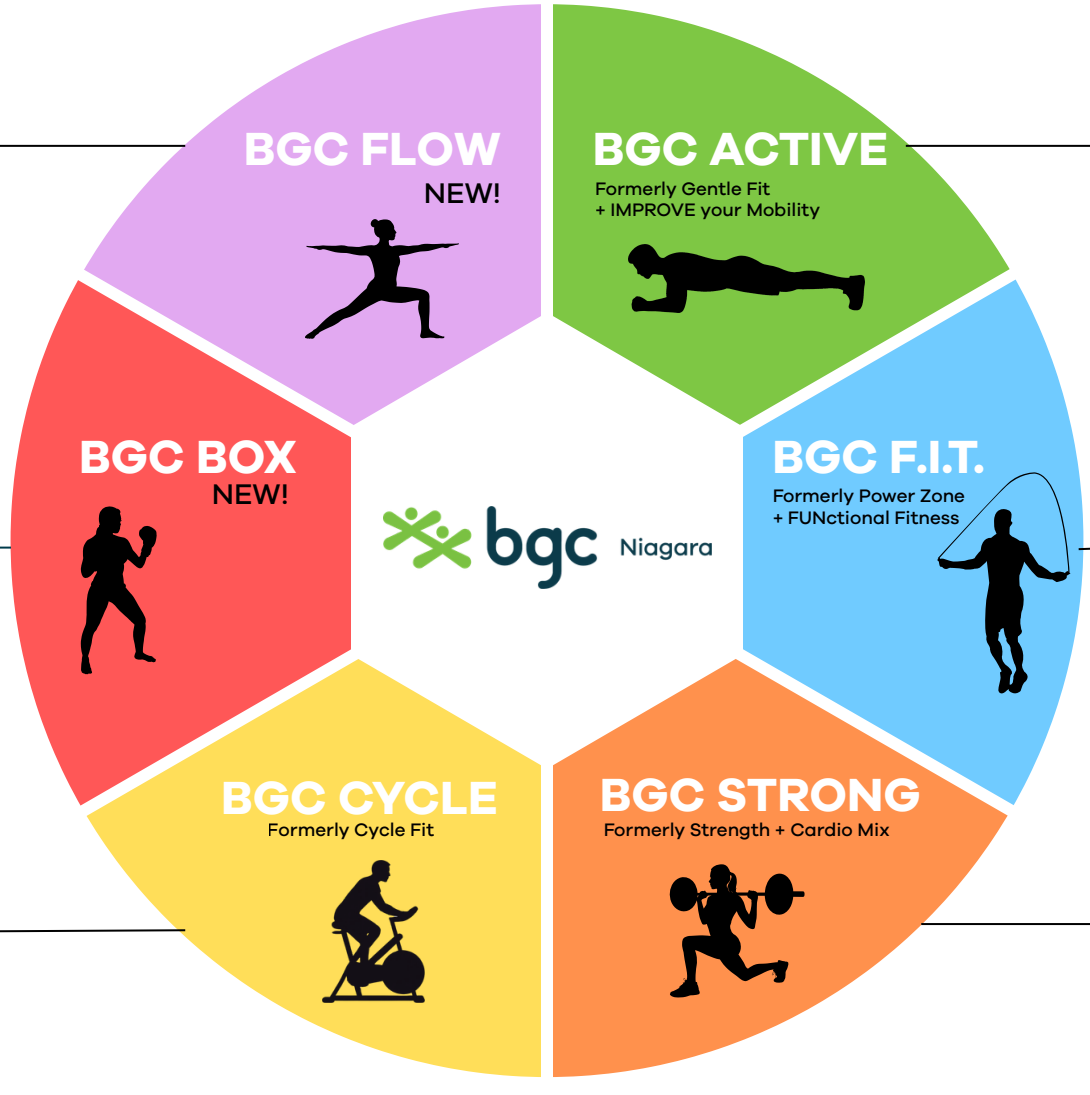
- Immerse your mind, body and soul in a flexible, relaxing and restorative blend of Yoga postures.
- **Anticipate an environment that meets you where you are and helps you move comfortable in the direction you'd like to go.**

Move Athletically. *Feel Empowered.*

- Learn fundamental boxing skills like punches, footwork and slips, while improving your fitness.
- **Wearing boxing gloves and hitting bags, expect safe, supportive, moderate-high intensity movement suitable for everyone.**
- Gloves are available for use.

Move Quickly. *Feel Free.*

- Embark on an exciting physical, mental and emotional journey, fueled by inspired music and energetic instruction.
- Enjoy **varied intensity cardio suitable for all experience and ability levels.**



Move Comfortably. *Feel Confident.*

- Enjoy safe, supportive coaching with scalable exercises for all ability and experience levels.
- Expect moderate intensity, low-impact movements.
- **Explore a variety of training techniques** to improve strength, endurance, mobility and balance.

Move Vigorously. *Feel Unstoppable.*

- Take your fitness to the next level!
- Challenge your strength, endurance, balance, agility and power as you navigate fast paced, timed circuits of demanding **Functional Interval Training (F.I.T).**

Move Dynamically. *Feel Capable.*

- Unleash your energy in this high-intensity muscular strength and endurance workout, with a hint of cardio sprinkled in!
- Follow along to **choreographed strength and cardio movements of varied intensity,** suitable for all experience and ability levels.

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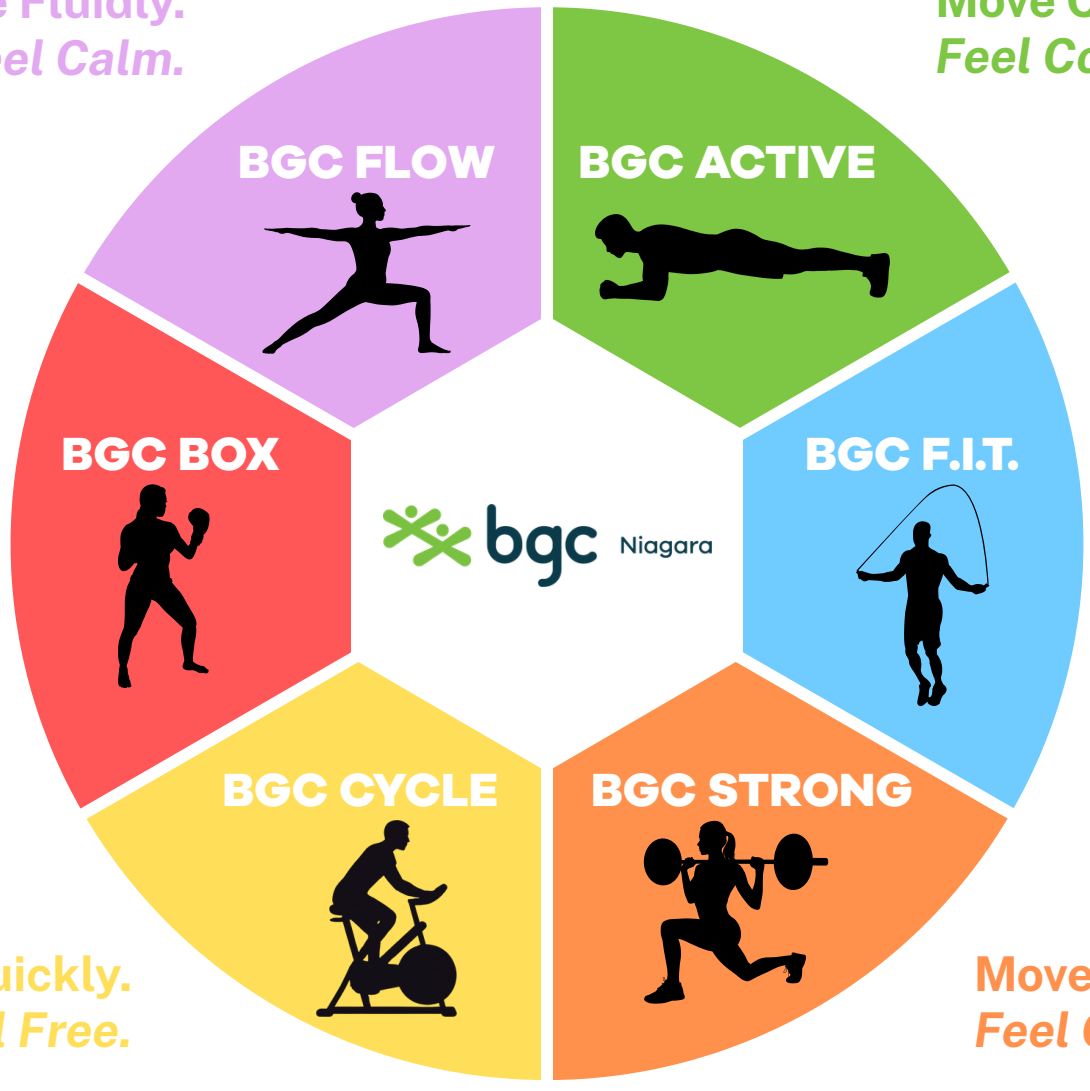

Move Fluidly.
Feel Calm.

Move Comfortably.
Feel Confident.

Move Athletically.
Feel Empowered.

Move Vigorously.
Feel Unstoppable.

Move Quickly.
Feel Free.

Move Dynamically.
Feel Capable.