

MONDAY

6:15 AM	Coast Indoor Cycling	Mo	CC
7:00 AM	Stretching	Olena	BRC
7:15 AM	TRX	Mo	CC
7:30 AM	Strength & Conditioning	Beth	BRG
8:00 AM	Gentle Meditative Yoga	Jan	BRC
8:00 AM	Arthritis Aerobics	Olena	BRP
8:15 AM	Full Body Strength Circuit	Delaney	CC
8:30 AM	Cardio Step	Beth	BRG
9:00 AM	Pilates	Pat	BRC
9:00 AM	Aqua Bootcamp	Olena	BRP
9:00 AM	HIIT Class	Kate	PH
9:30 AM	Strength & Conditioning	Beth	BRG
10:00 AM	All Levels Yoga	Julie	BRC
10:00 AM	Deep Water Combo	Olena	BRP
10:30 AM	Cardio Dance Fitness	Lauren	BRG
11:00 AM	Aqua Jogging	Olena	BRP
12:00 PM	Vinaya Yoga	Mary A	BRC
1:30 PM	Silver Sneakers	Mo	BRC
4:30 PM	Shine Dance Fitness	Casey	BRC
5:15 PM	Barre	Mo	PH
5:30 PM	Coast Indoor Cycling	Connie	CC

TUESDAY

6:00 AM	Power Yoga	Sable	PH
6:15 AM	Coast Indoor Cycling	Brooke	CC
7:00 AM	Pilates	Mo	BRC
7:15 AM	Full Body Strength Circuit	Brooke	CC
8:00 AM	Gentle Yoga	Mo	BRC
8:00 AM	Arthritis Aerobics	Trish	BRP
8:15 AM	Combo Fit	Salinda	CC
8:20 AM	Core Express	Kate	BRG
9:00 AM	Barre	Kate	BRG
9:00 AM	Pilates	Pat	BRC
9:00 AM	Aqua Aerobics	Trish	BRP
9:30 AM	Pilates	Delaney	CC
10:00 AM	All Levels Yoga	Julie	BRC
10:00 AM	Deep Water Combo	Trish	BRP
10:15 AM	Shine Dance	Casey	BRG
11:00 AM	Aqua Jogging	Trish	BRP
11:15 AM	Zumba	Colleen	BRG
12:30 PM	Silver Sneakers	Jaime	BRC
1:30 PM	Chair Yoga	Jaime	BRC
4:00 PM	Beginner Strength	Allison	BRC
5:30 PM	All Levels Yoga	Jenna	PH
5:30 PM	Strength & Conditioning	Olena	BRC
5:30 PM	Functional Strength	Jackie	CC

WEDNESDAY

6:15 AM	Coast Indoor Cycling	Mo	CC
7:00 AM	Stretching	Olena	BRC
7:15 AM	TRX	Mo	CC
7:30 AM	Strength & Conditioning	Beth	BRG
8:00 AM	All Levels Yoga	Delaney	PH
8:00 AM	Arthritis Aerobics	Olena	BRP
8:15 AM	Full Body Strength Circuit	Salinda	CC
8:15 AM	Shine Dance Fitness	Erika	BRC
8:30 AM	Cardio Step	Beth	BRG
9:00 AM	Aqua Bootcamp	Olena	BRP
9:15 AM	Pilates	Pat	BRC
9:30 AM	Strength & Conditioning	Beth	BRG
10:15 AM	All Levels Yoga	Jane	BRC
10:30 AM	Cardio Dance Fitness	Lauren	BRG
12:00 PM	Vinaya Yoga	Mary A	BRC
1:30 PM	Silver Sneakers	Mo	BRC
4:30 PM	Shine Dance Fitness	Jessica	BRC
5:15 PM	Barre	Mo	PH
5:30 PM	Coast Indoor Cycling	Connie	CC

THURSDAY

6:00 AM	Power Yoga	Sable	PH
6:15 AM	Coast Indoor Cycling	Brooke	CC
7:00 AM	Tai Chi	Wright	PH
7:00 AM	Deep Water Combo	Trish	BRP
7:15 AM	Full Body Strength Circuit	Brooke	CC
8:00 AM	Gentle Yoga	Lin	BRC
8:00 AM	Arthritis Aerobics	Trish	BRP
8:15 AM	Combo Fit	Salinda	CC
8:20 AM	Core Express	Kate	BRG
9:00 AM	Barre	Kate	BRG
9:00 AM	Pilates	Lin	BRC
9:00 AM	Aqua Aerobics	Trish	BRP
9:30 AM	All Levels Yoga	Delaney	CC
10:00 AM	All Levels Yoga	Sable	BRC
10:00 AM	Deep Water Combo	Olena	BRP
11:00 AM	Aqua Jogging	Olena	BRP
11:15 AM	Zumba	Colleen	BRG
12:30 PM	Silver Sneakers	Jaime	BRC
1:30 PM	Chair Yoga	Jaime	BRC
4:15 PM	Shine Dance Fitness	Casey	BRC
5:30 PM	All Levels Yoga	Varied	PH
5:30 PM	Strength & Conditioning	Olena	BRC
5:30 PM	Functional Strength	Jackie	CC

FRIDAY

6:15 AM	HIIT Class	Salinda	CC
7:00 AM	Deep Water Combo	Trish	BRP
7:15 AM	TRX	Salinda	CC
7:30 AM	Strength & Conditioning	Beth	BRG
8:00 AM	Gentle Meditative Yoga	Jan	BRC
8:00 AM	Arthritis Aerobics	Trish	BRP
8:15 AM	Full Body Strength Circuit	Salinda	CC
8:20 AM	Core Express	Kate	PH
8:30 AM	Cardio Step	Beth	BRG
9:00 AM	Kickboxing	Kate	BRC
9:30 AM	Strength & Conditioning	Beth	BRG
9:15 AM	Pilates	Pat	CC
9:00 AM	Aqua Aerobics	Trish	BRP
10:00 AM	All Levels Yoga	Julie	BRC
10:30 AM	Zumba Basic	Lynn	BRG
12:30 PM	Silver Sneakers	Jaime	BRC
1:30 PM	Chair Yoga	Jaime	BRC

SATURDAY

8:15 AM	Zumba	Lynn +Joe	BRG
9:15 AM	Shine Dance Fitness	Casey	BRG
10:30 AM	All Levels Yoga	Varied	BRC

BRP-Bodenhamer Pool

BRC-Bodenhamer Aerobics Room

BRG-Bodenhamer Gymnasium

PH-Pool House

CC-Cultural Center

CLASS DESCRIPTIONS

- AQUA AEROBICS** Shallow water class including cardio, strength, flexibility, and range of motion designed for all levels
- AQUA JOGGING** Deepwater class involving intervals of jogging, to increase heart rate and burn calories
- AQUA BOOTCAMP** Combination of aerobic, core and balance using various equipment in the shallow end
- ARTHRITIS AEROBICS** A gentler shallow water class to help range of motion, strength and cardio.
- BARRE*** A fun-filled mind and body workout on and off the barre for full-body toning and improved balance
- CARDIO DANCE FITNESS** Have fun dancing to today's hit music with easy-to-follow choreography that keeps you moving
- CARDIO STEP** Choreographed step aerobics for great cardio conditioning
- CHAIR YOGA** a gentle form of yoga that modifies traditional yoga poses so they can be done while seated
- COAST INDOOR CYCLING** Follow cues as you pedal with resistance on stationary bikes
- COMBO FIT*** Stationary bike cardio session followed by strength training for a great total body workout
- CORE EXPRESS*** 30 minute workout concentrating on strengthening abdominals and back
- DEEP WATER COMBO** Deepwater class that focuses on core strength with Pilates and overall mobility
- FULL BODY STRENGTH CIRCUIT*** Targets every muscle in your body with dynamic compound exercises as well as muscle-specific moves
- FUNCTIONAL STRENGTH** *Focuses on basic foundation & functional strength movement patterns to increase overall strength
- GENTLE MEDITATIVE YOGA*** Combines meditation with less intense poses by using modifications
- HIIT Class*** 40 minutes of High Intensity Interval Training-short bursts of intense movements followed by a rest period
- KICKBOXING*** High-energy martial arts-inspired workout that is totally non-contact and no equipment needed
- PILATES*** Focus on developing strength, flexibility, and coordination through the core of the body – the back, abdomen and hips
- SHINE DANCE FITNESS** Full-body dance workout that combines traditional dance moves with hit music and choreography to create original routines
- SILVER SNEAKERS** Low-impact workouts to improve strength, flexibility, posture, and balance while using a chair
- STRENGTH & CONDITIONING*** Full body class combines weights, bands, body bar, and ball to concentrate on major muscle groups
- STRETCHING*** Focus on improving flexibility, mobility, and range of motion through various stretching techniques
- TRX*** TRX strap workout to build strength while improving flexibility and balance
- YOGA*** A blend of poses and deep stretches designed to restore mind-body connection and improve mobility
- ZUMBA** Fun aerobics class teaching dance movements inspired by various styles of Latin American music
- ZUMBA BASIC** Zumba geared towards exercise "newbies," physically limited or inactive older adult
- *Mat Suggested**

To provide the safest environment possible, class sizes are monitored by the instructor and are on a first come first serve basis. Classes are designed for all fitness levels. Our instructors generally provide modifications.

NO CLASSES Mardi Gras Day, Memorial Day, 4th of July, Labor Day, Thanksgiving Day, Thanksgiving Friday, Christmas Eve, Christmas Day, New Year's Eve, New Year's Day

FITNESS CLASS SCHEDULE

EFFECTIVE DATE: March 12, 2026

DAVID L. BODENHAMER CENTER

310 West 19th Avenue
251-968-1420

Monday - Friday 5:30a - 8p

Saturday 8a - 6p Sunday 1p - 6p

AQUATICS CENTER @ BODENHAMER

General Swim **Mon-Friday** 11a-8p

Sat 8a - 6p **Sun** 1p - 6p

Lap Swim **Mon-Friday** 5:30a-8p

Sat 8a - 6p **Sun** 1p - 6p

*Monday, Tuesday and Thursday 4-5:30pm the pool will be closed due to Rec League Swim Team practice.

STUDIO FITNESS @ THE CULTURAL CENTER

19470 Oak Road West (County Rd 6)

251-968-9813

Monday-Friday 6a - 7p

Times & dates are subject to change

Recreation & Cultural Affairs



@GulfShoresRCA
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