



SUMMER FITNESS

PRESS ON FITNESS

FITNESS CAMP: An intense workout for ladies that includes cardio, core and strength training. You will be tested to your limits, but also see great results!

Monthly class fee required.

Monday & Wednesday 9:15 to 10:30 a.m.

Monday, Wednesday, Friday 6:00 – 7:00 a.m.

Monday & Tuesday 7:45 to 9:00 p.m.

POWER HOUR: Suspended for June & July (will start back in mid August)

Instructors: Miranda Burcham (639-2523) Kelly Kochner (810-6275)

BOOT CAMP

A mixture of cardio & strength exercises. Focus is on sculpting & toning each area while working on core training & balance.

No cost for ARC fitness members!

Monday, Wednesday & Friday 6:00 to 7:00 a.m.

Instructor: Robbie Evans (857-6111)

ZUMBA/PILATES

A combo class that includes cardio from zumba & the core training from Pilates.

***Class Fee required.**

Thursday 5:20 – 6:20 p.m. (ARC Fitness Room)

Instructor: Katie Panchuk (855-0093)

ZUMBA

Fast paced aerobic workout. **(Class Fee required)**

Tuesday 5:30 – 6:30 p.m. Saturday 10:00 – 11:00 a.m.

Instructor: Wimara Bickle (902-0368)

FUNCTIONAL FITNESS

A ladies class for toning and sculpting. Learn to workout on your own.

Tuesday & Thursday 8:30 – 9:30 a.m.

*Limited enrollment so call for availability and cost.

Instructor: Emily Berglund (694-8202)

SPEED & AGILITY TRAINING-STUDENTS

The Professionally Trained Coaches from Faster Athlete will work with boys & girls of all ages to develop their speed & agility.

Tuesday & Thursday 4:30 – 5:30 p.m. (Ages 6 – 13)

www.faster-athlete.com or Call 282-3923

Instructors: Dan Hedman & Corey Ray

ARC Facility Hours

Monday, Tuesday & Thursday 8:00 a.m. – 9:00 p.m.

Wednesday 8:00 a.m. – 5:00 p.m.

Friday 8:00 a.m. – 7:00 p.m.

Saturday 9:00 a.m. – 12 noon

- Hours are subject to change due to special events

**For more information about other fitness training opportunities contact
Mike Whitson, Director of Athletics & Recreation @ FBCBA.
Call 317-2258 or email: mwhitson@fbcba.org**