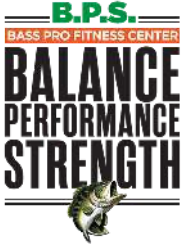




EFFECTIVE JAN - MAY 31

# BASS PRO SHOPS FITNESS CENTER SCHEDULE

| MONDAY  | TUESDAY  | WEDNESDAY                                     | THURSDAY   | FRIDAY  |
|---|--|---|--|---|
| 8:00 AM - 11:00 AM<br>OPEN MEDITATION         | 8:00 AM - 11:00 AM<br>OPEN MEDITATION  | 8:00 AM - 11:00 AM<br>OPEN MEDITATION         | 8:00 AM - 11:00 AM<br>OPEN MEDITATION  | 8:00 AM - 11:00 AM<br>OPEN MEDITATION   |
| 11:00 AM - 4:00 PM<br>WELLNESS COACH<br>DEREK | 11:00 AM - 4:00 PM<br>WELLNESS COACH<br>DEREK  | 11:00 AM - 4:00 PM<br>WELLNESS COACH<br>DEREK | 11:00 AM - 4:00 PM<br>WELLNESS COACH<br>DEREK  | 11:00 AM - 4:00 PM<br>WELLNESS COACH<br>DEREK                                       |
| 11:10 - 11:40 AM<br>SPIN<br>BETH              | 11:10 - 11:55 AM<br>YOGA<br>AMANDA   | 11:10 - 11:40 AM<br>SPIN<br>BETH              | 11:10 - 11:55 AM<br>YOGA<br>AMANDA   |  |
| 12:10 - 12:55<br>STARTER STRENGTH<br>AUSTIN   | 12:10 - 12:40 PM<br>CORE STRENGTH &<br>POSTURE<br>AUSTIN   | 12:10 - 12:55<br>STARTER STRENGTH<br>AUSTIN   | 12:10 - 12:40 PM<br>CORE STRENGTH &<br>POSTURE<br>AUSTIN   |   |
|   |  1:00-1:40 PM<br>SPIN + STRENGTH<br>BRENTLY |   |  1:00-1:40 PM<br>SPIN + STRENGTH<br>BRENTLY |   |
| .....GROUP RECREATION ACTIVITIES .....        |  |   |  |   |
| 11:00 AM - 12:00 PM<br>PICKLEBALL             | 11:00 AM - 12:00 PM<br>PICKLEBALL  | 11:00 AM - 12:00 PM<br>PICKLEBALL             | 11:00 AM - 12:00 PM<br>PICKLEBALL  | 11:00 AM - 12:00 PM<br>PICKLEBALL   |
| 12:00 - 1:00 PM<br>BASKETBALL                 | 12:00 - 1:00 PM<br>VOLLEYBALL  | 12:00 - 1:00 PM<br>BASKETBALL                 | 12:00 - 1:00 PM<br>VOLLEYBALL  |   |

## • CARDIO & STRENGTH

- A 45-min class that focuses on cardio in combination with low weight high-rep strength training. This Outfitter led class is formatted for all levels of fitness and incorporates a variety of training such as cardio kickboxing, step aerobics, POUND as well as cardio/strength interval training.

## • CORE STRENGTH & POSTURE- THE ANTI-DESK WORKOUT!

- This low impact class focuses on building a strong core for improved posture and injury prevention. During this class, participants will perform various movements that will work the back, hips, shoulders & total core. Modifications will be given during class for all fitness levels and needs.

## • OPEN MEDITATION

- Meditation is a practice of mindfulness that lowers stress levels, connect to thoughts and improves focus. Feel free to come in during this open studio time to relax & choose your favorite way to meditate.

## • SPIN

- 30-min bike workout with high intensity interval training (HIIT), to increase endurance using resistance based intervals that will target all major muscle groups, including your quads, calves, glutes, and core. Whether you are new to spin or a seasoned athlete, this upbeat class is a great way to add cardio to your day!

## • SPIN + STRENGTH

- This invigorating head-to-toe combination class emphasizes cycling drills for cardiovascular training followed by a resistance workout for upper and lower body strength. Get a total body workout all in one class!

## • STARTER STRENGTH

- This full body strength class is a great way to gain knowledge on basic low-impact resistance training movements. This class will focus on proper form and execution of each movement. Great class for beginners or anyone that is getting back into an exercise routine.

## • YOGA

- Yoga will help develop balance, strength and flexibility. Focusing on the basics this class combines yoga postures and breathing exercises to strengthen the body, reduce stress and calm the mind. No yoga experience is required.

## WELLNESS COACHING

Receive free personalized fitness plans based on your individual goals. Our Wellness Coach, Derek Colbert is an NSCA-CPT and is available on the weight room floor daily from 11 am - 4 pm. Set up a meeting with him by stopping by the Fitness Center today!

[wellbeing@basspro.com](mailto:wellbeing@basspro.com)