



BELLINGHAM

TRAINING & TENNIS CLUB

GROUP TRAINING CLASSES

FALL 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 am	HIIT	RIDE FUNCTIONAL STRENGTH	TRX YOGA	RIDE FUNCTIONAL STRENGTH	HIIT	
6:45 am	FUNCTIONAL STRENGTH	TRX PILATES CARDIO TENNIS @7:00 am	HIIT	TRX PILATES CARDIO TENNIS @7:00 am	TRX YOGA	
8:00 am	RIDE	HIIT	RIDE	HIIT	RIDE	RIDE CARDIO TENNIS @8:30 am
9:00 am	TRX	FUNCTIONAL STRENGTH	TRX	FUNCTIONAL STRENGTH	TRX	
10:00 am	FUNCTIONAL STRENGTH	TRX	FUNCTIONAL STRENGTH	TRX	FUNCTIONAL STRENGTH	FUNCTIONAL STRENGTH
11:00 am	RIDE BODY CONDITIONING	BODY CONDITIONING	RIDE CARDIO TENNIS BODY CONDITIONING	BODY CONDITIONING	RIDE CARDIO TENNIS BODY CONDITIONING	STRETCH & RELEASE
NOON	CARDIO TENNIS	CORE 30		CORE 30	CARDIO TENNIS	COURT ELITES @2pm
4:30 pm	TRX PILATES	TRX	TRX YOGA	TRX PILATES	TRX	
5:30 pm	FUNCTIONAL STRENGTH	RIDE BODY CONDITIONING	FUNCTIONAL STRENGTH	BODY CONDITIONING	HIIT	
6:30 pm	HIIT		HIIT			
7:30 pm		CARDIO TENNIS ELITES NTRP RATING 3.5+		COURT ELITES		

SCAN TO BOOK



CANCELLATION POLICY: For classes after 8:00 AM, cancel online at least 2 hours prior to avoid a \$20 no-show/late cancel fee. **Early Morning Waitlist (5:45 & 7:00 AM):** Cancel by 7:00 PM the night before to avoid the fee. Waitlisted members will be notified by email by 7:00 PM if they've made it in. Classes with no sign-ups may be canceled 2 hours before start time.

GROUP TRAINING CLASSES

All Classes are 50 minutes unless otherwise specified.

TRX (TOTAL BODY RESISTANCE)

A suspension training class with adjustable straps to create resistance using your body weight and gravity to challenge every muscle group. Build strength, balance, flexibility, and core stability with this versatile tool. Suitable for all fitness levels — you choose how hard you work!

TRX PILATES

A blend of the core-strengthening principles of Pilates with the dynamic resistance of TRX. This class focuses on controlled movement, alignment, and stability while challenging your balance and flexibility. This low-impact, full-body workout deepens your core engagement and enhances functional strength. Suitable for all fitness levels.

TRX YOGA

A fusion of yoga and TRX designed to enhance mobility, strength, and balance. Explore deeper stretches, improve alignment, and enhance stability in this mindful, strength-based flow. This strength-based flow is suitable for all levels.

HIIT (HIGH INTENSITY TRAINING)

A fast-paced, results-driven circuit styled class that alternates short bursts of intense exercise with brief recovery periods to maximize calorie burn, boost metabolism, and build strength. This class is designed to push your limits and leave you energized. Designed for more advanced fitness levels.

FUNCTIONAL STRENGTH

A goal-oriented strength training class that focuses on building muscle and increasing power with a structured, progressive monthly workout targeting major muscle groups as you record your progress. Train smarter with exercises that mimic real-life movement patterns to build practical strength, muscular endurance, and power. Suitable for all fitness levels.

CORE 30

A 30-minute class that blasts your core with dynamic and static exercises to improve stability, posture, and overall functional strength. Quick and effective—perfect as a standalone workout or as a finisher for your training day. Suitable for all fitness levels.

BODY CONDITIONING

A total-body circuit style class that combines strength, endurance, and cardio elements to boost fitness and burn calories. This higher energy class uses a variety of equipment (or bodyweight) to sculpt muscles, improve cardiovascular health, and leave you feeling strong and energized. Suitable for all fitness levels.

STRETCH & RELEASE

Relieve muscle tension, improve range of motion, and soothe your spirit. This class uses a variety of stretching, mobility drills, and trigger point release techniques to improve your overall well-being. Suitable for all fitness levels.

RIDE

An energizing indoor cycling class that torches calories and boosts endurance. Set to motivating music, this ride combines sprints, climbs, and intervals for a low-impact, high-intensity cardio workout. Great for all fitness levels — adjust the resistance and pace to suit your ride.

CARDIO TENNIS & CARDIO TENNIS ELITES

A fun, fast-paced class with dynamic drills, footwork, and high-energy rally play to boost your game and fitness. Expect a great cardio workout while sharpening your skills. Designed for intermediate level players. Cardio Tennis Elites is designed for players with a NTRP rating of 3.5+.

COURT ELITES

A high-intensity class blending on-court drills with off-court training to build speed, power, agility, and endurance. Includes point play, footwork, and sport-specific exercises. For advanced players ready to level up.

Class Reservations, Cancellations & Late Arrivals

Book up to 3 weeks ahead. For classes after 8:00 AM, cancel online at least 2 hours prior to avoid a \$20 no-show/late cancel fee. If you arrive more than 5 minutes after class starts, your spot may be given to someone on the waitlist.

Early Morning Waitlist (5:45 & 7:00 AM)

Cancel by 7:00 PM the night before to avoid the fee. Waitlisted members will be notified by email by 7:00 PM if they've made it in.

*Classes with no sign-ups may be canceled 2 hours before start time.