



BELLINGHAM
TRAINING & TENNIS CLUB

SMALL-GROUP FITNESS TRAINING

SEPTEMBER - DECEMBER 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 am	FUNCTIONAL STRENGTH	HIIT	MUSCLE	HIIT	FUNCTIONAL STRENGTH		
6:45 am	MUSCLE	RIDE CARDIO TENNIS @7:00 am	FUNCTIONAL STRENGTH	PILATES CARDIO TENNIS @7:00 am	MUSCLE		
8:00 am	RIDE	TRX	RIDE	TRX	RIDE	RIDE CARDIO TENNIS @8:30 am	
9:00 am	TRX	MUSCLE	TRX	MUSCLE	TRX	HIIT	BODY CONDITIONING
10:00 am	FUNCTIONAL STRENGTH	RIDE	HIIT	RIDE	FUNCTIONAL STRENGTH	FUNCTIONAL STRENGTH	MUSCLE
11:00 am	BODY CONDITIONING	BODY CONDITIONING	CARDIO TENNIS BODY CONDITIONING	BODY CONDITIONING	CARDIO TENNIS BODY CONDITIONING	STRETCH & RELEASE	STRETCH & RELEASE
NOON	CARDIO TENNIS		RIDE		CARDIO TENNIS		
4:30 pm	PILATES	TRX	TRX YOGA	PILATES	TRX		
5:30 pm	FUNCTIONAL STRENGTH	BODY CONDITIONING	MUSCLE	BODY CONDITIONING	FUNCTIONAL STRENGTH		
6:30 pm	RIDE		RIDE				
7:30 pm		CARDIO TENNIS		CARDIO TENNIS			

GO TO [BTTC.FIT](https://bttc.fit) OR
SCAN HERE TO
BOOK A CLASS!



SEE CLASS RESERVATION,
WAITLIST, CANCELLATION,
AND LATE ARRIVAL
POLICIES ON OPPOSITE
SIDE OF THIS PRINT OUT OR
ON THE FITNESS SCHEDULE
PAGE AT [BTTC.FIT](https://bttc.fit)

SMALL-GROUP TRAINING CLASSES

All Classes are 50 minutes unless otherwise specified.

TRX (TOTAL BODY RESISTANCE)

Build strength using suspension straps and your own bodyweight. This class challenges your stability, coordination, and core through controlled, full-body movement patterns that scale to any fitness level.

Best for: Building functional strength, improving core control, and developing stability without heavy lifting.

PILATES

(Mat + Suspension + Power Flow)

A modern Pilates class combining mat work, suspension training, and reformer-inspired movement patterns (no machines). This class focuses on precision, alignment, and controlled strength with a more athletic, dynamic feel.

Best for: Improving posture, strengthening deep core muscles, increasing mobility, and building controlled full-body strength.

TRX YOGA

(Yoga with Suspension & Resistance)

Fusion of traditional yoga with suspension to deepen stretches, improve alignment, and build strength using TRX straps and your bodyweight. This class emphasizes fluid movement, stability, and balance while using the straps for support or added challenge.

Best for: Improving flexibility, enhancing balance, building core strength, and supporting recovery while still engaging the whole body.

HIIT (HIGH INTENSITY INTERVAL TRAINING)

(Strength + Conditioning Intervals)

A high-intensity interval class that alternates between weighted strength training and resisted cardio work. This format challenges both muscular strength and cardiovascular fitness in structured intervals designed to push performance and fatigue resistance.

Best for: Building strength under fatigue, improving overall conditioning, and increasing power, speed, and work capacity.

FUNCTIONAL STRENGTH

A structured, progressive strength program focused on movement quality and real-world strength. You'll follow a consistent monthly plan while tracking weights and improving performance over time.

Best for: Building practical strength, improving movement efficiency, and progressing your lifting in a structured, measurable way.

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.

BODY CONDITIONING

A full-body training session combining strength and cardio-based movements in a simple, high-energy format. This class keeps you moving continuously to improve general fitness and overall conditioning.

Best for: Improving overall fitness, burning calories, and building general strength and endurance.

STRETCH & RELEASE

A recovery-focused class using stretching, mobility work, and release techniques to reduce tension and improve movement quality. Helps restore the body and support recovery between training sessions.

Best for: Reducing tightness, improving flexibility, and recovering from training or daily stress.

RIDE

(Indoor Cycle)

A rhythm-based indoor cycling class using resistance, sprints, and climbs to build cardiovascular endurance. You control your intensity, making it scalable for all fitness levels.

Best for: Improving cardiovascular endurance, building lower-body stamina, and high-energy calorie burn.

MUSCLE

A focused strength training class designed to build muscle through controlled lifting, structured sets, and progressive overload. You'll work through key compound movements with intentional rest and increasing load over time.

Best for: Building visible muscle, increasing strength, and tracking measurable progress in your lifting.

CARDIO TENNIS

A fun, high-energy tennis-based workout combining drills, rally play, and footwork training. Improves both fitness and tennis skills in a social, fast-moving environment.

Best for: Burning calories while improving tennis skills, footwork, and on-court endurance.

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.

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