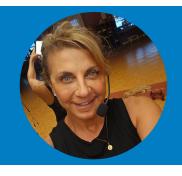
Virtual Classes with Camille



Our very own Camille has been teaching group fitness at BHHFC for 25 years!

Livestream classes are offered in the gym at the scheduled time, or workout from the comfort of your home via Zoom, on your schedule with video on demand options!

Text Camille at 703-472-3222 for updates and links to classes.

Monday	Tuesday	Wednesday	Thursday	Friday
8:15a Cardio/HIIT		8:15a Cardio Fit	8:15a Do IT	8:15a Cardio Dance
9:15a Pilates Stretch & Strengthen				9:15a Pilates Stretch & Strengthen
ID: 371-848-594 PW: 3222		ID: 371-848-594 PW: 3222	ID: 838-3057-1409 PW: 3222	ID: 747-810-905 PW: 3222

<u>Cardio N HIIT:</u> What do you get when you combine a half hour cardio class, including warm-up, with a half high intensity interval training including cool down and stretching? A full body workout!

<u>Cardio Fit:</u> Express yourself! Participants vote on workout of the day! Each class includes warm-up, cardio, strength, toning, balance, stretching and cool down.

<u>Do I.T.</u> You can DO High Intensity Interval Training! Get a full body workout with sets of 30 seconds of work followed by 10 seconds of rest. Class begins with a warm-up and stretching and concludes with balance, stretching and a cool-down.

<u>Cardio Dance:</u> No dance skills required! Sweat, burn calories, tone muscles, improve rhythm and have fun with this full body and brain workout!

<u>Pilates Stretch & Strengthen:</u> A fusion of barre, yoga, strength training, cardio and dance adding a varied dimension and complexity to traditional mat Pilates. Equipment: small play ball, light weights and yoga mat

