

GROUP FITNESS STUDIO SCHEDULE

Effective April 1, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-7:30 STRENGTH TRAINING Warren		6:30-7:30 CIRCUIT CHALLENGE Warren		6:30-7:30 SERIOUS STRENGTH Anna	
7:30-8:30 CARDIO & CORE Anna	7:00-7:45 EARLY MORNING YOGA Lynn		7:00-7:45 EARLY MORNING YOGA Lynn	7:35-8:25 PILATES MAT WORKOUT Sarah	
8:30-9:30 MUSCLE TONING Lynn	8:00-9:00 INTERMEDIATE TO ADVANCED PILATES Lynn	8:30-9:30 MUSCLE TONING Lynn	8:00-9:00 CARDIO DANCE Anna	8:30-9:30 MUSCLE TONING Lynn	8:15-9:15 TURBOKICK - Denise or CARDIO - Janet
9:30-10:30 FOREVER FIT Anna	NEW TIME! 9:30-10:45 YOGA Michelle D.	9:30-10:30 STRENGTH & STRETCH Lynn	NEW TIME! 9:30-10:45 YOGA Michelle D.	9:30-10:45 EASE INTO YOGA Anne	9:30-10:45 YOGA Janet
11:00-11:40 A,B,C's Dan	NEW! 11:00-11:40 ZUMBA GOLD Sheilla	11:00-11:40 A,B,C's Dan	NEW! 11:00-11:40 ZUMBA GOLD Sheilla	11:00-11:40 A,B,C'S Dan	SUNDAY
	12:00-1:00 ESSENTIAL PILATES Sarah		12:00-1:00 BACK HEALTH PILATES Anne		Our Sunday Inspiration Series Continues. Check the Board Outside The Group Fitness Studio.
			1:00-2:00 T'AI CHI Terry Ann		
4:15-5:10 CARDIO DRUMMING or CARDIO DANCE Janet	4:30-5:20 TONE WITH JOAN Joan	4:30-5:30 HATHA FLOW YOGA Michele S. or Janet	4:30-5:20 TONE WITH JOAN Joan	4:15-5:00 ZUMBA® Heather	
5:15-6:00 PILATES WITH PROPS Lynn	5:00-6:00 ESSENTIAL PILATES Anne BWC Conference Room		5:30-6:30 INTERMEDIATE PILATES Anne BWC Conference Room	<i>Our nationally certified instructors offer classes that encourage and challenge all fitness levels!</i>	
	5:25-6:25 ZUMBA® Joan	5:30-6:30 CIRCUIT BURN Denise	5:25-6:25 CARDIO BOX Joan		
	6:00-7:00 BACK HEALTH PILATES Anne BWC Conference Room				
6:05-7:20 YOGA Peggy	6:35 7:35 NIA™ Lisa Non-members prepay.	6:30-7:15 STEP Denise	6:30-7:45 IYENGAR YOGA Sarah	All group fitness classes are included in your membership except classes in tinted squares, which require pre-registration and may require payment at Member Services.	
924 - 4650					

GROUP FITNESS STUDIO SCHEDULE

B = Beginner / New to exercise or this type of class **AB** = Advanced Beginner **I** = Intermediate **A** = Advanced / Experienced in this type of class

<u>MINDFUL MOVEMENT</u>	<u>CARDIO WORKOUTS</u>	<u>MIND / BODY TRAINING</u>	<u>MUSCLE / COMBO CLASSES</u>
<p>Small Group Mind-Body Sessions These 6-week programs have <u>a fee and require pre-registration</u> at Member Services. 924-4650</p> <p>BACK HEALTH PILATES – If you have been diagnosed with osteoporosis or have chronic back pain, learn what type of exercises are appropriate and what should be avoided as you improve posture and core strength. (Please understand this class is not intended as a substitution for physical therapy.) B/AB/I</p> <p>ESSENTIAL PILATES – This basic mat class introduces movements that emphasize muscle balance, core strength, and pelvic and spinal stability. B/AB/I</p> <p>INTERMEDIATE PILATES – Expands the essential mat repertoire and adds intermediate level exercises - increasing strength and endurance. I/A</p> <p>INTERMEDIATE TO ADVANCED PILATES – This challenging class includes intermediate and advanced repertoire for the toughest workout on the mat. I/A</p> <p>NIA™ – A fusion of martial arts, dance and yoga that flow together beautifully. <u>Free to members – please register. Non-members pre-register & pay a fee.</u> B/I/A</p>	<p>A,B,C'S – This class utilizes chairs, bands and hand weights to help develop balance, strength, and cardio fitness. B/AB</p> <p>CARDIO BOX – This high-intensity, interval class of fun combinations targets abs and tones the body. B/I/A</p> <p>CARDIO & CORE – Simple, easy, high-intensity cardio drills followed by core workout and stretching. B/AB</p> <p>CARDIO DANCE – Dance yourself fit with this fun, old school hi-low aerobic class. B/I/A</p> <p>CARDIO DRUMMING – This class utilizes a set of drum sticks and the fitness ball for a fun and unique workout! B/I/A</p> <p>FOREVER FIT – This class includes cardio, strength training, and stretching. B/AB</p> <p>STEP – Improve cardiovascular fitness with low-impact, easy-to-follow and fun step routines using upbeat music and energy! B/AB/I</p> <p>TURBOKICK® – This interval class of fun combinations and a turbo section will leave you sweating. B/I/A</p> <p>ZUMBA™ – This dynamic, Latin-inspired, interval class is so much fun - it doesn't even feel like a Workout! B/I/A</p> <p>ZUMBA GOLD™ – Takes the Zumba formula and modifies moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a healthy lifestyle. B/AB</p>	<p>EARLY MORNING YOGA – Enjoy the benefits of a 45-minute, morning, yoga practice. B/I/A</p> <p>EASE INTO YOGA – A class that allows all levels of flexibility and fitness to experience the benefits of yoga. Chairs are often used as balance aids and props. B/AB</p> <p>HATHA FLOW YOGA – Move from one yoga pose to the next in a continuous flow that builds heat, strength and endurance. AB/I/A</p> <p>IYENGAR YOGA – This class works on learning alignment and form for new postures. All levels will find challenge here. B/I/A</p> <p>MAT PILATES WORKOUT – Essential mat exercises that focus on core strength, muscle balance, precision and fluidity. AB/I/A</p> <p>PILATES WITH PROPS – Essential mat exercises for core strength using small equipment and props to add challenge and variety. AB/I/A</p> <p>T'AI CHI – Learn traditional Tai Chi to improve your health, calm your mind, and strengthen your body. B/I/A</p> <p>WALKING T'AI CHI – Learn Tai Chi moves, and put them to work! Walk loops around the Wellness Track using the grace of Tai Chi to get your heart rate up for cardio benefits.</p> <p>YOGA – Our instructors provide a variety of yoga formats, enabling you to try new and different approaches. B/I/A</p>	<p>CIRCUIT BURN – Combines strength and cardio drills on the step for a fast paced, tough workout! AB/I/A</p> <p>CIRCUIT CHALLENGE – An interval class that improves strength and cardiovascular health. AB/I/A</p> <p>STRENGTH TRAINING – A strength and endurance workout for all major muscle groups using hand weights and bars. A quick-paced class with enough variety to create results. AB/I/A</p> <p>MUSCLE TONING – Uses a variety of equipment to sculpt the body. This dynamic, fun class will build strength and keep you at a high level of functioning for years to come. B/I/A</p> <p>SERIOUS STRENGTH – This challenging class focuses on improving strength, endurance and definition through the use of heavy sets and reps. AB/I/A</p> <p>TOTAL BODY WORK – This fast-paced, multi-set and rep workout with weights, bars and a variety of props, will improve strength, core and balance. B/I/A</p> <p>STRENGTH & STRETCH – A class that develops strength and flexibility, using body weight and props. Maintain both function and mobility in your life with this class. B/AB/I</p>

458 Old Street Road, Peterborough, NH ☎ 603 924-4650 ☎ Friend us on Face Book <http://www.facebook.com/BondWellnessCenter>

<p>To ensure that your workout is safe and enjoyable while participating in our studio classes, please consider the following guidelines:</p> <ul style="list-style-type: none"> ▪ Please be on time, the warm-up prepares you for the class. ▪ Advise the instructor of your special medical considerations. ▪ A minimum of two participants is required for a class to run. ▪ Wear appropriate footwear for exercise. <u>No street shoes.</u> ▪ If you need to leave class early please notify the instructor. ▪ HOLIDAYS: Please call to confirm if classes are running. 603 924-4650 ▪ INCLEMENT WEATHER: Please call to determine if classes are running. 603 924-4650 ▪ As a courtesy to others, avoid gathering and talking outside studio. 	<p>CLUB HOURS</p> <p>Monday – Friday – 5:30 a.m. – 9 p.m. Saturday and Sunday – 7 a.m. – 4 p.m.</p> <p>603 924-4650</p> <p><i>If an instructor is unavailable to teach a class, we make every effort to find a substitute instructor. However, at times we may be forced to cancel a class at the last minute.</i></p>
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