



# Group Fitness Studio Schedule

Effective  
July 22, 2019

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-7:15 GST Traci			6:30-7:15 GST Ray		6:30-7:15 GST Traci	
7:30-8:00 HIIT Traci	8:00-8:25 STEP Traci	7:00-8:00 YOGA Marilyn	7:30-8:15 ZUMBA Traci	7:00-8:00 YOGA Esther	7:30-8:15 TRX FUSION Traci	7:30-8:30 R.I.P.P.E.D. Denise
8:30-9:25 MUSCLE TONING Lynn		8:15-9:15 FIT CAMP   TABATA Lynn	8:30-9:25 MUSCLE TONING Traci	8:15-9:15 FIT CAMP   TABATA Lynn	8:30-9:25 MUSCLE TONING Traci	8:35-9:20 STEP Denise
9:30-10:30 FOREVER FIT Lynn		9:30-10:45 VINYASA YOGA Michelle	9:30-10:30 FOREVER FIT Hannah	9:30-10:45 VINYASA YOGA Michelle	9:30-10:30 EASE INTO YOGA Mibs	9:30-10:45 YOGA Janet
10:45-11:30 A,B,C's LEVEL 2 Joan		11:00-11:55 ZUMBA GOLD Sheilla	10:45-11:30 A,B,C's LEVEL 2 Staff	11:00-11:55 ZUMBA GOLD Sheilla	10:45-11:30 A,B,C's LEVEL 2 Staff	
11:30-12:15 A,B,C's LEVEL 1 Joan		12:00-12:30 HIIT & CORE Nancy	11:30-12:15 A,B,C's LEVEL 1 Staff	12:00-12:30 HIIT & CORE Nancy	11:30-12:15 A,B,C's LEVEL 1 Staff	
12:30-1:30 VINYASA YOGA Traci		12:30-1:15 MOVE FREE TAI GI GONG David	12:30-1:45 YOGA Mibs	12:30-1:15 <b>BACK &amp; BONE HEALTH</b> ■ Hannah	12:30-1:30 RESTORATIVE YOGA Cassandra	
4:30-5:15 ZUMBA Cathy		4:15-5:25 GST Joan	4:30-5:25 YOGA Janet	4:15-5:25 GST Joan	4:30-5:15 ZUMBA Traci	<p>Quickly get updates on all programs, events, inclement weather and tips and member news!</p> <p>Join our email list &amp; get weekly eNewsletters.</p> <p>Like us on Facebook: <a href="http://www.facebook.com/BondWellnessCenter">www.facebook.com/BondWellnessCenter</a></p>
5:30-6:30 <b>TAI CHI / ARTHRITIS</b> ■ Howard		5:30-6:30 ATHLETIC YOGA Meghan	5:30-6:25 SERIOUS STRENGTH Denise	5:30-6:30 YOGA Heather	5:30-6:30 VINYASA YOGA Traci	
			6:30-7:15 STEP Denise		■ <b>PRE-REGISTER AT MEMBER SERVICES</b>	

ABC LEVEL 1 – Aerobics, Balance & Conditioning  
**This class is the right choice for you** if you use assisted walking devices, have difficulty standing for 30-40 minutes, fatigue easily and have concerns of falling, have fallen or have very poor balance. This class utilizes chairs, Dyna bands and hand weights along with tubing and balls to help develop strength, balance and cardio

ABC LEVEL 2 – Aerobics, Balance & Conditioning  
 This class is much like the Level 1 ABC's class as it will utilize a variety of tools and still have chairs, but you will be encouraged to stand for 30 to 40 minutes of the class and to move more and increase weight loads when appropriate. **This class is a great choice for you** if you have never fallen, have good stamina and you want more challenge,

ATHLETIC YOGA – Geared toward the athlete, this class offers dynamic, ongoing flow of postures with a focus on enhanced strength and flexibility. Suitable for all fitness levels.

EASE INTO YOGA – All levels of flexibility and fitness can experience the benefits of yoga. Chairs and props are used to assist in movement range.

FIT CAMP | TABATA – High-intensity cardio drills and strength components, challenge you. The workout includes core and stretching.

FOREVER FIT – This class includes cardio, strength training, balance and stretching with greater intensity than the Level 2 ABC class.

GST – Group Strength Training – A strength workout for all the major muscles. This pumped up class offers optimal results.

HIIT – Experience the after burn results when you participate in this High-Intensity Interval Training class. This short and intense class is a modifiable workout for the average, healthy, participant.

MOVE FREE TAI JI GONG– Class focus is on agility, strength, balance, cognitive functions, and general health. Chair modifications are given. Qi Gong means energy work. Performing simple standing postures and moving with breath awareness promotes health and longevity.

MUSCLE TONING – A dynamic, fun class utilizing dumbbells, that will keep you strong and functioning.

R.I.P.P.E.D. – This class format creates consistency and challenge. Perfect for the fit individual, wanting to be challenged but suitable for all levels.

RESTORATIVE YOGA – This deeply relaxing class uses long held supported postures, breathing techniques, and guided relaxation to calm the body and mind.

SERIOUS STRENGTH – This challenging and fast-paced class will improve strength and endurance. This class is suitable for all levels – beginner to advanced.

STEP – Improve cardiovascular fitness with fun step routines. Complex choreography & high intensity make this class suitable for those with some experience.

TRX FUSION – Get a dynamic workout with this amazing tool that can assist in flexibility, strength and core. Class includes free weights & other tools.

VINYASA FLOW YOGA – This class links powerful breath with dynamic, ongoing flow of postures while cultivating strength, endurance, flexibility, balance and inner focus.

YOGA – Yoga improves, circulation, flexibility & strength as well as having a calming effect on the mind and body.

ZUMBA™ – This dance fitness class is so much fun - it doesn't even feel like a workout! Infectious music and the party atmosphere make the time fly by.

ZUMBA GOLD™ – Modified to suit the active older participant, as well as those just starting their journey to a healthy lifestyle, Zumba Gold is suitable for all fitness levels.

## 6-WEEK PROGRAMS

BACK & BONE HEALTH – Improve posture and core strength without compromising back integrity. (This class is not intended as a substitution for physical therapy.)

TAI CHI for ARTHRITIS – Improves muscular strength, flexibility and fitness as well as improving balance both mentally and physically. Based on Sun style Tai chi for its unique Qigong attributes, teaching all the essential principles of Tai Chi with safe movements that are easy to learn.

Most of our classes are suitable for all levels. Please ask the fitness staff or your instructor for more details about the classes offered.

## CLUB HOURS

Monday – Friday – 5:30 a.m. – 8 p.m.

Saturday and Sunday – 7 a.m. – 3 p.m.

***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.***

<http://www.facebook.com/BondWellnessCenter>

## To ensure a safe and enjoyable workout, please consider the following guidelines:

- Please be on time, the warm-up prepares you for the class.
- All activities pose a risk. Advise the instructor of your special medical considerations.
- Two participants is required for a class to run.
- Wear appropriate footwear for exercise. No street shoes.
- If you need to leave class early, please notify your instructor.
- For health reasons, please bring your own yoga mats.
- As a courtesy to others, avoid gathering and talking outside studio.
- No cell phones in Studio please.
- **HOLIDAYS:** Any changes to our class schedule will be posted on Facebook or you may call 924-4650.
- **INCLEMENT WEATHER:** Weather updates are posted on Facebook or you may call 924-4650.