




Group Fitness Studio Schedule

Effective
September 8, 2019

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-7:15 GST Traci			6:30-7:15 ROCK SOLID* Ray		6:30-7:15 GST Traci	 *NEW CLASSES!
7:30-8:00 HIIT Hannah or Nancy	8:00-8:25 ATHLETIC STEP* Hannah or Nancy	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 SPICED UP STRENGTH* 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 Cathy or 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	CAUTION You may leave our classes feeling highly energized, empowered and addicted! Quickly get updates on all programs, events, inclement weather and tips and member news! Like us on Facebook: www.facebook.com/BondWellnessCenter
11:30-12:15 A,B,C's LEVEL 1 Joan		12:00-12:30 HIIT Nancy	11:30-12:15 A,B,C's LEVEL 1 Staff	12:00-12:30 HIIT Cathy	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 JiGONG David	12:30-1:45 YOGA Mibs		12:30-1:30 RESTORATIVE YOGA Cassandra	
3:00 4:00 WELL PROGRAM Staff			3:00 4:00 WELL PROGRAM Staff		3:00 4:00 WELL PROGRAM Staff	
4:30-5:20 DANCE FUSION* Cathy		4:15-5:15 REPS & SETS* Joan	4:30-5:25 YOGA Janet	4:15-5:15 REPS & SETS* Joan	4:30-5:15 ZUMBA Traci	
5:30-6:30 ALL ABOUT STRENGTH* Cathy		5:30-6:15 BOOT CAMP ■ Staff	5:30-6:25 SERIOUS STRENGTH Denise	5:30-6:00 HIIT* Nancy	6:00-6:30 ATHLETIC STEP* Nancy	
5:45-6:45 BEGINNER TAI CHI ■ Howard		5:30-6:30 ATHLETIC YOGA Meghan	6:30-7:15 STEP Denise	5:30-6:30 YOGA Heather	■ PRE-REGISTER AT MEMBER SERVICES	Class is held in the BWC Conference Room / Studio

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, 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 utilizes a variety of tools, 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.

ALL ABOUT STRENGTH – This energizing total strength workout focuses on muscular conditioning, flexibility, balance and core, with a dash of fun! Each week we'll change it up to keep your muscles guessing! With a dynamic instructor and powerful music, this class will fly by. Come ready to sweat, and prepare to leave empowered and feeling strong

ATHLETIC STEP – A new spin on an old classic! You'll torch calories and shape your body with upbeat music, simple, strong step patterns and body weight exercises! Be fueled by the energy of your instructor Nancy through 30 minutes of a full-body, cardio workout! Step your body into strong. Oh, and don't blink, 'cause it's over that fast!

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.

DANCE FUSION – This class is an exciting fusion of athletic moves and simple dance steps. Get huge motivation from sing-along songs, easy to follow movements, and Cathy's non-stop energy! Sweat, laugh and get your groove on. You never know what kind of heart pumping stuff is coming.

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 a variety of equipment that will keep you strong and functioning for years.

R.I.P.P.E.D. – Denise will lead you through the sequence of Resistance, Interval, Plyometrics, Power and Endurance! This class format creates consistency, challenge and fun.

REPS & SETS – This class is full of variety and motivating music. Joan will lead you through long sets of high repetitions that create the “rep effect” of lean and sculpted muscles in this workout. Get lean, toned and fit fast!

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

ROCK SOLID – Join Ray in this class that incorporates short bursts of intense cardio and strength training to boost your metabolism and build overall strength! Come prepared to have fun, but work hard in this challenging class done to rock hits of the 60's, 70's & 80's!

SERIOUS STRENGTH – This challenging and fast-paced class will improve strength and endurance. Utilizing a variety of equipment and

SPICED UP STRENGTH – Variety is the spice of life and in this class Traci will be incorporating a variety of new strength workouts that will spice up your regular routine and help you reach your fitness goals. Surprising your muscles with different types of exercise each week with doses of unique flavors.

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.

TRX EXPRESS – Constant Core work as you utilize the suspension trainer

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

BEGINNER TAI CHI – Starts with foundation postures while cultivating internal energy. We'll combine the introductory knowledge with Tai Chi principles with this popular form.

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.