
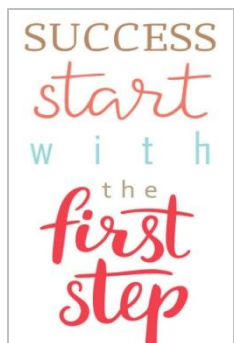






Group Fitness Studio Schedule

January 1, 2020

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	
 7:30-8:20 BARRE Nancy or Hannah	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	 <p>Quickly get updates on all programs, events, inclement weather and tips and member news!</p> 
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 MINDFUL YOGA Mary		1:30-2:45 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	4:30-5:20 REPS & SETS Joan	 4:30-5:20 BARRE Nancy or Cathy	4:30-5:30 YOGA Mary	4:30-5:20 ZUMBA Traci	
 5:30-6:30 KICKBOXING ♦ Krista	5:30-6:30 ATHLETIC YOGA Meghan	5:30-6:25 SERIOUS STRENGTH Denise		5:30-6:30 VINYASA YOGA Traci	
5:30-6:30 BEGINNER TAI CHI ■ Howard	■ PRE-REGISTER AT MEMBER SERVICES	6:30-7:15 STEP Denise	♦ KICKBOXING class requires gloves. Contact us for Details. Open to Non-Members for \$10/class.		*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 poor balance. This class will 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.

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!

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.

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

BARRE – Fusing the best of pilates, yoga & ballet, this full body, low impact workout that uses simple exercises and a variety of equipment. strengthening the neuro-muscular (mind-body) connection.

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 e

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 & intense class is a modifiable workout for the average, healthy, participant.

KICKBOXING – Using mitts & strike pads and working through stations, you'll get a full-body workout. Gloves are required. See Member Services or Fitness Staff for details.

MINDFUL YOGA – Fostering a mindful approach to both class & life, this flow yoga class also includes affirmations and restorative techniques for a full mind / body experience.

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 – This class incorporates short bursts of intense cardio & strength training to boost your metabolism & build strength! With rock hits of the 60's, 70's & 80's you're sure to have fun!

SERIOUS 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!

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.

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

TAI CHI – Starts with foundation postures while cultivating internal energy. We'll combine the introductory knowledge with Tai Chi principles with this popular form. Pre-Register at Member Services.

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.

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.