



## Group Fitness Studio Schedule

Effective January 1<sup>st</sup> 2019

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-7:15 <b>GST</b> Traci			6:30-7:15 <b>GST</b> Ray	6:00-6:55 <b>QI GONG</b> David	6:30-7:15 <b>GST</b> Traci	
7:30-8:00 <b>HIIT</b> Traci	8:00-8:25 <b>STEP</b> Traci	7:00-8:00 <b>YOGA</b> Marilyn	7:30-8:15 <b>ZUMBA</b> Traci	7:00-8:00 <b>YOGA</b> Esther	7:30-8:15 <b>TRX FUSION</b> Traci	7:30-8:30 <b>R.I.P.P.E.D.</b> Denise
8:30-9:25 <b>MUSCLE TONING</b> Lynn		8:15-9:15 <b>FIT CAMP   TABATA</b> Lynn	8:30-9:25 <b>MUSCLE TONING</b> Traci	8:15-9:15 <b>FIT CAMP   TABATA</b> Lynn	8:30-9:25 <b>MUSCLE TONING</b> Traci	8:35-9:20 <b>STEP</b> Denise
9:30-10:30 <b>FOREVER FIT</b> Lynn		9:30-10:45 <b>VINYASA YOGA</b> Michelle	9:30-10:30 <b>FOREVER FIT</b> Staff	9:30-10:45 <b>VINYASA YOGA</b> Michelle	9:30-10:45 <b>EASE INTO YOGA</b> Mibs	9:30-10:45 <b>YOGA</b> Janet
11:00-11:45 <b>A,B,C's</b> Staff		11:00-11:55 <b>ZUMBA GOLD</b> Sheilla	11:00-11:45 <b>A,B,C's</b> Staff	11:00-11:55 <b>ZUMBA GOLD</b> Sheilla	11:00-11:45 <b>A,B,C's</b> Staff	
12:00-1:00 <b>VINYASA YOGA</b> Traci		12:00-12:30 <b>HIIT &amp; CORE</b> Nancy	12:00-1:00 <b>YOGA</b> Mibs	12:00-12:30 <b>HIIT &amp; CORE</b> Nancy	12:00-1:00 <b>RESTORATIVE YOGA</b> Cassandra	Most of our classes are suitable for all levels. Please ask the fitness staff or your instructor for more details about the classes offered.
		12:30-1:15 <b>MOVE FREE TAI JIGONG</b> David				
3:00-4:30 <b>WELL PROGRAM ■</b> Staff			3:00-4:30 <b>WELL PROGRAM ■</b> Staff		3:00-4:30 <b>WELL PROGRAM ■</b> Staff	<b>■ STUDIO CLOSED FOR PRIVATE CLASS</b>  Quickly get updates on all programs, events, inclement weather and tips and member news!  <b>Join our email list &amp; get weekly eNewsletters.</b>  <b>Like us on Facebook:</b> <a href="http://www.facebook.com/BondWellnessCenter">www.facebook.com/BondWellnessCenter</a>
4:30-5:15 <b>STEP</b> Joan		4:15-5:20 <b>GST</b> Joan	4:30-5:25 <b>YOGA</b> Janet	4:15-5:20 <b>GST</b> Joan	4:30-5:15 <b>ZUMBA</b> Traci	
5:30-6:25 <b>BEGINNER TAI CHI ■</b> Howard		5:30-6:30 <b>ATHLETIC YOGA</b> Meghan	5:30-6:25 <b>SERIOUS STRENGTH</b> Denise	5:30-6:30 <b>YOGA</b> Heather	5:30-6:30 <b>VINYASA YOGA</b> Traci	<b>■ PRE-REGISTER AT MEMBER SERVICES</b>
			6:30-7:15 <b>STEP</b> Denise			

**A,B,C'S** – Aerobics, Balance & Conditioning – This class utilizes chairs, Dyna bands and hand weights to help develop strength, balance and cardio

**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.

**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.

**HIIT & CORE** – High-Intensity Intervals, Strength & Core work that give you the benefits of a 1 hour class in 30-40 minutes. (Plus your metabolism is elevated for 2 or more hours after the class!)

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

**MOVE FREE TAI CHI** – Class focus is on agility, strength, balance, cognitive functions, and general health. Chair modifications are provided.

**QIGONG** – Qi Gong means energy work. Performing simple standing postures and moving with breath awareness promotes health and longevity. Class focus is on agility, strength, balance, cognitive functions, and general health.

**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 FEE PROGRAMS

**Program starts the week of 9/17**

**BEGINNER TAI CHI** – Let's start with the most popular Yang 24-Form to learn this gentle flowing exercise! The 6-wk class covers basic stances and steps that are relative to the first few movements along with general principles to apply. These stances, stepping and principles will follow throughout the whole form in future classes

### 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.