

GROUP EXERCISE SCHEDULE 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:10 AM – 7:55 AM Spin Karolina GB	6:00 AM – 6:55 AM Les Mills BODYPUMP™ Rachel O. GB	6:30 AM – 7:00 AM CXWORX™ Karolina GB	6:00 AM – 6:55 AM Les Mills BODYPUMP™ Vicky GB	6:30 AM – 7:00 AM CXWORX™ Karolina GB	6:15 AM – 7:15 AM Iron Fit Spin Raul GB
8:00 AM – 8:55 AM Les Mills BODYPUMP™ Karolina GB	7:05 AM – 7:35 AM Les Mills SPRINT™ Vicky GB	7:05 AM – 7:50 AM Spin Karolina GB	7:05 AM – 7:35 AM Les Mills SPRINT™ Vicky GB	7:05 AM – 7:50 AM Spin Karolina GB	8:15 AM – 9:10 AM Circuit Training Neal GB
9:00 AM – 9:55 AM Flow Yoga Lisa W. GC	8:15 AM – 9:10 AM Flow Yoga Robin GA	8:00 AM – 8:55 AM Flow Yoga Lisa W. GC	8:15 AM – 9:10 AM Flow Yoga Robin GA	8:00 AM – 8:55 AM Flow Yoga Lisa W. GC	8:30 AM – 9:25 AM Zumba Toning Andres GYM
9:00 AM – 9:55 AM NIA Amy L. GA	9:30 AM – 10:25 AM Zumba Rachel S. GA	9:00 AM – 9:55 AM Weights and Plates Rhoda GB	8:30 AM – 9:25 AM Zumba Andres GYM	8:55 AM – 9:25 AM Les Mills CXWORX™ Mary GB	9:30 AM – 10:15 AM BOGA FIT Neal IP
9:15 AM – 9:30 AM Les Mills BARRE™ Technique Sandy GB	9:30 AM – 10:25 AM Yogalates Jill GC	9:30 AM – 10:00 AM Les Mills CXWORX™ Rachel O. GC	8:30 AM – 9:25 AM Cardio Sculpt with Ball Sandy GC	9:30 AM – 10:25 AM 20/20/20 Jill GB	9:30 AM – 10:25 AM Les Mills BODYPUMP™ Rachel O. GB
9:30 AM – 9:55 AM Les Mills BARRE™ Sandy GB	9:30 AM – 10:25 AM Circuit Training Neal GB	10:00 AM – 10:55 AM Les Mills BODYFLOW™ Rachel O. GC	8:30 AM – 9:25 AM Spin Lisa R. GB	9:30 AM – 9:55 AM Les Mills BARRE™ Cynthia GC	9:30 AM – 10:25 AM Bang Power Dance Denise GA
10:00 AM – 10:55 AM Cardio Fusion Sandy GC	10:30 AM – 11:25 AM Sculpt with Ball Stacy GB	10:00 AM – 10:55 AM Zumba Andres GYM	9:30 AM – 10:25 AM Cardio Fusion Sandy GB	10:30 AM – 11:15 AM Fusion Stretch Jill GB	9:30 AM – 10:25 AM Circuit Training Elad GYM
10:00 AM – 10:55 AM Zumba Sae GB	10:30 AM – 11:25 AM Flow Yoga Cynthia GC	10:00 AM – 10:55 AM Complete Cardio Conditioning Rhoda GB	9:30 AM – 10:25 AM Pilates Rhoda GC	11:00 AM – 11:55 AM Zumba Toning Andres GC	10:30 AM – 11:25 AM Restorative Yoga Amy M. GB
11:00 AM – 11:55 AM Pilates Stella GB	11:30 AM – 12:30 PM Tai Chi Jeffrey GA	11:00 AM – 12:25 PM Yoga Stretch & Strength Amy M. GA	10:00 AM – 10:55 AM Aqua Zumba Ruth	12:00 PM – 12:55 PM Gentle Yoga Amy M. GB	10:30 AM – 11:25 AM Balance & Strength Luci GC
11:00 AM – 11:55 AM Bang Power Dance Karen GC	11:30 AM – 12:25 PM Les Mills BODYPUMP™ Sandra GB	11:00 AM – 11:55 AM Stretch Rhoda GB	10:30 AM – 11:25 AM Definition and Sculpt Rhoda GC	1:00 PM – 1:45 PM Aqua Fit Luci IP	11:30 AM – 12:15 PM Butts & Guts Sandy GB
5:00 PM – 6:30 PM Classic Yoga Robin GB	11:30 AM – 12:25 PM Zumba Toning Riko GC	12:00 PM – 12:45 PM BOGA FIT Rachel IP	11:30 AM – 12:25 PM Triple Fit Cynthia GB	4:30 PM – 5:25 PM Les Mills BODYPUMP™ Rachel O. GB	12:20 PM – 1:15 PM Tone Up / Shape Up Christelle GB
	12:45 PM – 1:40 PM Balance with Strength Luci GB	12:00 PM – 12:55 PM Senior Fit Sandy GB	1:00 PM – 1:45 PM Aqua Fit Roz IP	6:30 PM – 7:25 PM Spin Raul GB	1:00 PM – 1:45 PM Aqua Fit Roz IP
	1:00 PM – 1:45 PM Aqua Fit Roz IP	1:00 PM – 1:45 PM Aqua Fit Luci IP	1:00 PM – 1:55 PM Spin Gail GB	7:00 PM – 7:45 PM Aqua Pilates Christelle IP	SATURDAY
	7:00 PM – 7:45 PM H2O Pilates Christelle IP	5:30 PM – 6:25 PM Pilates Strength Stella GB	2:00 PM – 2:55 PM Flow Yoga Amy M. GC	7:15 PM – 8:40 PM Classic Yoga Robin	7:15 AM – 8:15 AM Spin Neal GB
	7:00 PM – 7:55 PM NIA Amy L. GA	6:30 PM – 7:25 PM Spin Eileen GB	5:45 PM – 6:30 PM BOGA FIT Amy IP		8:20 AM – 9:00 AM Abs Neal GB
	7:30 PM – 8:25 PM Les Mills BODYPUMP™	7:30 PM – 8:00 PM Les Mills BARRE™ Vicky GB	7:15 PM – 8:15 PM Les Mills BODYPUMP™ Karolina GB		9:00 AM – 10:15 AM Yoga Amy M. GC
	8:25 PM – 8:55 PM CXWORX™ Karolina GB		8:15 PM – 8:45 PM Les Mills CXWORX™ Karolina GB		9:15 AM – 9:45 AM Les Mills BARRE™ Vicky GB
					10:00 AM – 10:55 AM Zumba Marcela GB
					11:00 AM – 12:00 PM Les Mills BODYPUMP™ Karolina GB
					12:00 PM – 12:30 PM Les Mills CXWORX™ Karolina GB
					3:00 PM – 3:55 PM Zumba Jonelle GB

Information Keys

- Fee Based Class
- Indoor Pool
- Group Studio A | GA
- Group Studio B | GB
- Group Studio C | GC
- Gymnasium | GYM
- Indoor Pool | IP

Schedule subject to change.

For an up-to-date schedule, please visit benderjccgw.org

Water Classes (All levels welcome)

AQUA FIT **AQUA PILATES** **AQUA ZUMBA**

BOGA FIT (on the board)

CLASS DESCRIPTIONS

AQUA FIT: This cardiovascular workout in the pool is set to music while still being easy on the joints. This class is designed to increase flexibility and muscle tone. **60 ALL**

AQUA PILATES: Shallow water aerobics fused with movements from land Pilates. Get wet and wild for core work, strength and conditioning! Good for all fitness levels **ALL**

AQUA ZUMBA: High energy Latin dance in the water! **ALL**

BALANCE & STRENGTH: No floor work required! All work is performed sitting in a chair, ball or against a wall. Class includes gait awareness, strength, stretches and body alignment work. **60 ALL**

BANG Power Dance: An urban-inspired group fitness class using specially designed weighted gloves. A fusion of hip hop, world dance, boxing, aerobics and bodyweight training.

Les Mills BARRE™: A modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

BODYPUMP™: The ultimate in strength training. BODYPUMP will shape and tone muscle groups, increase bone density and burn up to 600 calories per class! **ALL**

BODYFLOW™: Embrace parts of yoga, tai-chi and pilates with BODYFLOW, a relaxing class that builds strength and improves flexibility. **ALL**

BUTTS & GUTS: Only have 45 minutes? Need to strengthen your core? This class gets your heart rate up, while working all the core muscles. **ALL ♥**

CARDIO FUSION: This class combines all things cardio in a blend that keeps you guessing and your heart pumping **♥**

CARDIO SCULPT W/ BALL: Cardio and floor exercises using fitness balls of various sizes to sculpt your body while you get your heart pumping. **♥**

CIRCUIT TRAINING: 3 rounds of combined strength, cardio and core focused moves to tone your body head to toe. **▶♥**

CLASSIC YOGA: A focus on Iyengar style yoga, attention to body alignment, breadth, and posture will guide the class journey culminating with relaxation at the conclusion of the class. **ALL**

COMPLETE CARDIO CONDITIONING: This class is designed as a total body workout using intervals of high/low impact aerobics and strength training. **ALL ♥**

CXWORX™: A 30-minute class consisting of abdominal exercises. This intense, advanced abs workout will use several techniques to strengthen your core. **▶**

DEFINITION AND SCULPT: This is an all level class that focuses on building strength and endurance. Half of the class is conditioning, half building coordination and speed. **60 ALL**

FLOW YOGA: A yoga class designed to build awareness of breath and the body while continuously moving. The teacher will encourage rest period and modifications if needed. **ALL**

GENTLE YOGA: A slow paced yoga class with limited up-and-down moves to keep things easy on the body. **ALL**

IRON FIT SPIN: An advanced spinning class which emphasizes cycling technique and cardiovascular endurance aimed at the athlete in everyone! Come challenge yourself! **♥▶**

MAT PILATES: A series of exercises designed to improve posture, core strength, flexibility, breathing, concentration and focus derived from Joseph Pilates. **ALL**

NIA: This is a great, spirited workout for all fitness levels. Continuous low-impact movements make for a joint-easy, excellent cardio workout! **ALL ♥**

RESTORATIVE YOGA: A gentle, therapeutic yoga class for women, sometimes using props, to ease the body into balance. **ALL**

SCULPT w/BALL: Tone and strengthen your entire body in this sculpting class that incorporates fitness balls and hand weights. Enjoy easy moves with great results! **ALL ♥**

SENIOR FIT: A fitness class designed for seniors or participants who want to work on building strength and balance. **60**

SPIN: If you enjoy bike riding and the indoor workout, this class is right for you! Work up a sweat while riding indoors! **♥**

SPRINT™: A 30-min HIIT (High Intensity Interval Training) Cycle workout that will motivate you to push your physical and mental limits.

STRETCH: Stretch out and increase your flexibility and range of motion in this full body stretch class. **60 ALL**

FUSION STRETCH: This class includes basic stretching and yoga movements to aid in restoration and recovery of the body. **ALL**

TAI CHI: The ancient Chinese martial art of Tai Chi uses gentle flowing movements to reduce the stress of a busy lifestyle and improve health. **(\$\$) ALL**

TONE UP & SHAPE UP: Functional fitness building strength in all muscle groups with special emphasis on strengthening your core and keeping you flexible. **ALL**

TRIPLE FITNESS Or 20/20/20: 20 minutes each of cardio, strength and core work for one complete workout! **♥**

WEIGHTS AND PLATES: A heart pumping strength training workout using a variety of equipment. **ALL**

YOGA STRETCH & STRENGTH: A 90 minute yoga class that combines flowing poses with an extended cool down. **ALL**

YOGALATES: Combines core strengthening of Pilates and the flexibility and relaxation of Yoga. **ALL**

ZUMBA: A high energy dance class that mixes great moves and music to a Latin beat. **ALL ♥**

ZUMBA GOLD: Perfect for active older adults looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity! **60**

ZUMBA TONING: Zumba dance moves with hand weights to sculpt and tone to upbeat Latin music. **♥**

----- NEW CLASS -----

BOGA FIT!

BOGA FIT is a workout geared to heighten your sense of balance while building your entire core, cardiovascular stamina and total body strength. All levels welcome. Note: If you have severe back injuries, issues kneeling, or vertigo, contact your physician first. **ALL** *Registration Required.

Class Times

Tuesdays 12:00 – 12:45 PM
Wednesday 5:45 – 6:30 PM
Friday 9:30 – 10:15 AM

10 MINUTE START TIME POLICY

For your safety and the safety of others, please do not enter a group exercise class while the program is in session. Participants have already warmed up. By joining after the program has begun, you're putting yourself at risk for injury. Classes close 10 minutes after the scheduled start time.

Information Keys

♥ Heart Pumping **▶** Advanced Level **60** Age 60+ **ALL** All Levels