

# GROUP EXERCISE SCHEDULE 2019

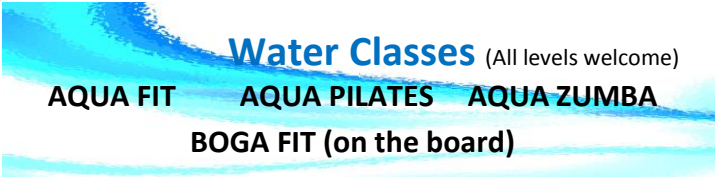
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>7:10 AM – 7:55 AM</b> Spin   Karolina   GB	<b>6:00 AM – 6:55 AM</b> Les Mills BODYPUMP™ Rachel O.   GB	<b>6:30 AM – 7:00 AM</b> CXWORX™   Karolina   GB	<b>6:00 AM – 6:55 AM</b> Les Mills BODYPUMP™ Vicky   GB	<b>6:30 AM – 7:00 AM</b> CXWORX™   Karolina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

## SATURDAY

**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](http://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.

**BODYCOMBAT™:** High-energy martial arts inspired workout. Release stress, have a blast, and workout like a champ. **♥♥**

**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 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**

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

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

**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**

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

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

**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:** 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**

**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.

### 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