



SUMMER GROUP EXERCISE SCHEDULE (eff. 6/16/19)

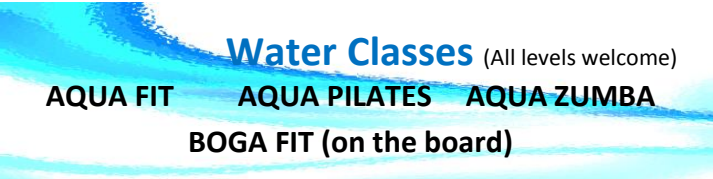
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:10 AM – 7:55 AM Cycle Karolina GB	6:00 AM – 6:55 AM Les Mills BODYPUMP™ Rachel O. GB	6:30 AM – 7:00 AM CXWORX™ Karolina GB	6:00 AM – 6:55 AM Les Mills BODYPUMP™ Vicky GB	6:30 AM – 7:00 AM CXWORX™ Karolina GB	6:15 AM – 7:15 AM Cycle Raul GB
8:00 AM – 8:55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

SATURDAY

Information Keys
 Fee Based Class
 Pool
 Group Studio A | GA
 Group Studio B | GB
 Group Studio C | GC
 Gymnasium | GYM
 Indoor Pool | IP
 Outdoor Pool | OP

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.

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, breath, 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. **▶**

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

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**

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

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**

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

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