

GROUP EXERCISE SCHEDULE

| 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 | 7:05 AM – 7:50 AM Cycle Karolina GB | 7:05 AM – 7:35 AM Les Mills SPRINT™ Vicky GB | 7:05 AM – 7:50 AM Cycle 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 Studio A | 8:00 AM – 8:55 AM Flow Yoga Lisa W. GC | 8:15 AM – 9:10 AM Cycle Lisa R. GB | 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 Yogalates Jill GC | 9:00 AM – 9:55 AM Weights and Plates Rhoda GB | 8:30 AM – 9:25 AM Zumba Andres GA | 9:30 AM – 10:25 AM Triple Fitness Jill GB | 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 Circuit Training Neal GB | 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 – 9:55 AM Les Mills BARRE™ Cynthia GC | 10:00 AM – 10:55 AM Aqua Zumba Ruth |
| 9:30 AM – 9:55 AM Les Mills BARRE™ Sandy GB | 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 Fit Fusion Sandy GB | 10:30 AM – 11:15 AM Fusion Stretch Jill GB | 10:30 AM – 11:25 AM Gentle Yoga Amy M. GB |
| 10:00 AM – 10:55 AM Fit Fusion Sandy GC | 10:30 AM – 11:25 AM Flow Yoga Cynthia GC | 10:00 AM – 10:55 AM Fit Fusion 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 Balance & Strength Luci GC |
| 10:00 AM – 10:55 AM Zumba Sae GB | 11:30 AM – 12:30 PM Tai Chi Jeffrey GA | 11:00 AM – 12:25 PM Flow Yoga Amy M. GA | 10:00 AM – 10:55 AM Aqua Zumba Ruth | 12:00 PM – 12:55 PM Gentle Yoga Amy M. GB | 11:30 AM – 12:15 PM Butts & Guts Sandy GB |
| 11:00 AM – 11:55 AM Pilates Stella GB | 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 Fit Fusion w/o Equip. Rhoda GC | 1:00 PM – 1:45 PM Aqua Fit Luci IP | 12:20 PM – 1:15 PM Tone Up / Shape Up Christelle GB |
| 5:00 PM – 6:30 PM Classic Yoga Robin GB | 11:30 AM – 12:25 PM Zumba Toning Riko GC | 12:00 PM – 12:55 PM Senior Fit Sandy GB | 10:30 AM – 11:25 AM Triple Fit Cynthia GB | 4:30 PM – 5:25 PM Les Mills BODYPUMP™ Rachel O. GB | 1:00 PM – 1:45 PM Aqua Fit Roz IP |
| | 12:45 PM – 1:40 PM Balance with Strength Luci GB | 1:00 PM – 1:45 PM Aqua Fit Luci IP | 11:30 AM – 12:25 PM Triple Fit Cynthia GB | 5:30 PM – 6:25 PM BODYCOMBAT™ Sae GB | 7:15 AM – 8:15 AM Cycle Neal GB |
| | 1:00 PM – 1:45 PM Aqua Fit Roz IP | 5:30 PM – 6:25 PM Pilates Stella 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 |
| | 7:00 PM – 7:45 PM H2O Pilates Christelle IP | 6:30 PM – 7:25 PM Cycle Eileen GB | 2:00 PM – 2:55 PM Flow Yoga Amy M. GC | 7:00 PM – 7:45 PM Aqua Pilates Christelle IP | 9:00 AM – 10:15 AM Yoga Amy M. GC |
| | 7:30 PM – 8:25 PM Les Mills BODYPUMP™ Vicky GB | 7:30 PM – 8:00 PM Les Mills BARRE™ Vicky GB | 7:15 PM – 8:15 PM Les Mills BODYPUMP™ Karolina GB | 7:15 PM – 8:40 PM Classic Yoga Robin GC | 9:15 AM – 9:45 AM Les Mills BARRE™ Vicky GB |
| | 8:25 PM – 8:55 PM CXWORX™ Karolina GB | | 8:15 PM – 8:45 PM Les Mills CXWORX™ Karolina GB | 7:30 PM – 8:25 PM Bang Power Dance Karen GB | 10:00 AM – 10:55 AM Zumba Helen 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
- 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**

CXWORK™: 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