

FEBRUARY GROUP EXERCISE SCHEDULE

STUDIOS: Group Studio A Group Ex B Group Ex C Indoor Pool GYM Spin Studio

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------------|--|---|--|--|---|-------------------------------------|
| MORNING CLASSES | | | | | | |
| CYCLE 7:10am/Karolina | BODYPUMP 6:00am/Rachel O. | CXWORX 6:30am/Karolina | BODYPUMP 6:00am/Vicky | CXWORX 6:30am/Karolina | CYCLE 6:15am/Raul | CYCLE 7:15am/Neal |
| BODYPUMP 8:00am/Karolina | SPRINT 7:05am/Vicky | CYCLE 7:05am/Karolina | SPRINT 7:05am/Vicky | CYCLE 7:05am/Karolina | Circuit Training 8:15am/Neal | CORE 8:20am/Neal |
| FLOW YOGA 9:00am/Lisa W. | FLOW YOGA 8:15am/Robin | FLOW YOGA 8:00am/Lisa W. | CYCLE 8:15am/Lisa R. | FLOW YOGA 8:00am/Lisa W. | ZUMBA TONING 8:30am/Andres | YOGA 9:00am/Amy M. |
| NIA 9:00am/Amy L. | ZUMBA 8:30am/Andres | Weights & Plates 9:00AM/Rhoda | ZUMBA 8:30am/Andres | TRIPLE FITNESS 9:30am/Jill | BODYPUMP 9:30am | BARRE 9:15am/Vicky |
| BARRE Tech. 9:15am/Sandy | YOGALATES 9:30am/Jill | Core 9:30am/Carole | CARDIO SCULPT 8:30am/Sandy | BARRE 9:30am/Cynthia | AQUA ZUMBA 10:00am/Ruth | ZUMBA 10:00am/Helen |
| BARRE 9:30am/Sandy | Circuit Training 9:30am/Neal | ZUMBA 10:00am/Andres | FIT FUSION 9:30am/Sandy | Fusion Stretch 10:30am/Jill | GENTLE YOGA 10:30am/Amy M. | BODYPUMP 11:00am/Karolina |
| FIT FUSION 10:00am/Sandy | Sculpt w/Ball 10:30am/Stacy | FIT FUSION 10:00am/Rhoda | PILATES 9:30am/Rhoda | ZUMBA TONING 11:00am/Andres | Balance & Strength 10:30am/Luci | CXWORX 12:00pm/Karolina |
| ZUMBA 10:00am/Sae | FLOW YOGA 10:30am/Cynthia | FLOW YOGA 11:00am/Amy M. | AQUA ZUMBA 10:00am/Ruth | CYCLE 11:00am/Neal | BUTTS & GUTTS 11:30am/Sandy | ZUMBA 3:00pm/Jonelle |
| PILATES 11:00am/Stella | TAI CHI 11:30am/Jeffrey | STRETCH 11:00am/Rhoda | Bal. & Strength 10:30am/Luci | GENTLE YOGA 12:00pm/Amy M. | Tone Up/ShapeUp 12:20pm/Christelle | |
| | BODYPUMP 11:30am/Sandra | CYCLE 11:00am/Neal | FIT FUSION 10:30am/Rhoda | AQUA FIT 1:00pm/Luci | AQUA FIT 1:00pm/Roz | |
| | ZUMBA TONING 11:30am/Riko | SENIOR FIT 12:00pm/Sandy | TRIPLE FIT 11:30am/Cynthia | | | |
| | Bal w/ Strength 12:45pm/Luci | AQUA FIT 1:00pm/Luci | AQUA FIT 1:00pm/Roz | | | |
| | AQUA FIT 1:00pm/Roz | | FLOW YOGA 2:00pm/Amy M. | | | |
| | | | | | | |
| EVENING CLASSES | | | | | | |
| Classic Yoga 5:00pm/Robin | BODYPUMP 7:30pm/Karolina | PILATES 5:30pm/Stella | BODYPUMP 7:15pm/Karolina | | | |
| | CXWORX 8:25pm/Karolina | CYCLE 6:30pm/Eileen | CXWORX 8:15pm/Karolina | BODYCOMBAT 6:30pm/Sae | | |
| | | BARRE 7:30pm/Vicky | | CYCLE 6:30pm/Raul | | |
| | | | | AQUA PILATES 7:00pm/Christelle | | |
| | | | | CLASSIC YOGA 7:15pm/Robin | | |

For more information or to register, please contact Jaimi Jones at jjones@benderjccgw.org

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**

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. **▶**

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. **♥**

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