

MARCH 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 8:15am/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/Carole	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	AQUA PILATES 7:00 pm/Christelle	PILATES 5:30pm/Stella	BODYPUMP 7:15pm/Karolina			
	BODYPUMP 7:30pm/Karolina	CYCLE 6:30pm/Eileen	CXWORX 8:15pm/Karolina	ZUMBA 6:00pm/Sae		
	CXWORX 8:25pm/Karolina	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.

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**

CORE: A 30 minute class using exercises set to music that will strengthen and increase endurance of the muscles of the core including the abdomen, hips, spine and back. Appropriate for all fitness levels. **▶**

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