

# NOVEMBER 2021 GROUP EXERCISE SCHEDULE

KEY: IN-Person only (IP) Hybrid (H): In-person and Virtual Virtual Only (V)

STUDIOS:  Group Studio B  Group Ex C  Whitetop /Tent/Functional Space  Spin Studio  Indoor Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MORNING CLASSES</b>						
		<b>Body Pump</b> 6:15 am / Vicki (IP)	<b>LM Sprint</b> 6:30 am / Vicki (IP)		<b>BODYPUMP</b> 6:15 am / Rachel (IP)	<b>Cycle</b> 7:00 am/Neal (IP)
<b>Zumba</b> 9:30/ Fernando (H)	<b>ZUMBA Toning</b> 9:30 / Riko (H)	<b>Triple Fitness</b> 9:30 am / Jill (IP)	<b>LM Core</b> 7:10 am / Vicki (IP)	<b>Fit Fusion</b> 9:00 am/Rhoda (H)	<b>ZUMBA</b> 9:30 am/Tania (H)	<b>Body Pump</b> 8:00 am / Vicki (IP)
	<b>Sculpt</b> 10:30 am/Carole (H)	<b>Butts &amp; Guts</b> 10:30 am/Sandy (V)	<b>Cardio Sculpt</b> 8:15 am/Sandy (V)		<b>Flow Yoga</b> 10:30 am/ Cynthia (H)	<b>Hybrid Yoga</b> 9:00 am / Carole (H)
<b>Pilates</b> 11:00 am/Stella (H)	<b>Balance and Strength</b> 12:00 pm / Luci (IP)	<b>Aqua Fit</b> 11:30 am / Luci (IP)	<b>ZUMBA</b> 9:30 am/Mabel (H)	<b>Aqua Fit</b> 11:30 am / Luci (IP)	<b>Tone Up/Shape Up</b> 12:00pm/ Cristelle (H)	<b>ZUMBA</b> 10:00 am/Helen (H)
		<b>Yoga</b> 12:00 pm/ Amy (H)	<b>Pilates</b> 9:30 am / Rhoda (H)	<b>YOGA</b> 12:00 pm / Amy (H)		
			<b>Stretch / Balance</b> 10:30 am/Rhoda (H)			
<b>EVENING CLASSES</b>						
		<b>Zumba</b> 5:00 pm / Fernando (H)	<b>Aqua Zumba</b> 5:00pm/Fernando & Tania (IP)	<b>ZUMBA</b> 5:30 pm/Sae (H)		
	<b>BODYPUMP</b> 6:00 pm/Sylvia (IP)	<b>LM Sprint</b> 5:45 pm/ Inna & Amelia (IP)				
	<b>Pilates</b> 7:00 pm / Stella (H)	<b>LM Core</b> 6:30 pm / Amelia & Vicki (IP)	<b>Cycle</b> 6:00 pm/ Raul (IP)	<b>LM Body Pump</b> 6:30 pm / Inna & Amelia (IP)		

For more information or to register, please contact Inna Bellisario - [ibellisario@benderjccgw.org](mailto:ibellisario@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.

**AQUA ZUMBA:** High energy Latin dance in the water!

**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.

**BODYPUMP™:** The ultimate in strength training. BODYPUMP will shape and tone muscle groups, increase bone density and burn up to 600 calories per class!

**BUTTS & GUTS:** Only have 45 minutes? Need to strengthen your core? This class gets your heart rate up, while working all the core muscles.

**CARDIO SCULPT W/ BALL:** Cardio and floor exercises using fitness balls of various sizes to sculpt your body while you get your heart pumping.

**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.

**Les Mills Core™:** 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.

**GENTLE YOGA:** A slow paced yoga class with limited up-and-down moves to keep things easy on the body..

**HYBRID YOGA:** A yoga class designed to build awareness of breath and the body while continuously moving combined with slow-paced endurance / strength exercises. Instructor will encourage rest period and modifications if needed.

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

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

**Stretch & Balance:** Stretch out and increase your flexibility and range of motion in this full body stretch class. Exercises to fine-tune the body's reactions

**TONE UP & SHAPE UP:** Functional fitness building strength in all muscle groups with special emphasis on strengthening your core and keeping you flexible.

**TRIPLE FITNESS:** 20 minutes each of cardio, strength and core work for one complete workout!

**ZUMBA:** A high energy dance class that mixes great moves and music to a Latin beat.

**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.