

NOVEMBER 2022 GROUP EXERCISE SCHEDULE

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

STUDIOS:  Group Studio B  Group Ex C  Social Hall  Spin Studio  Indoor Pool  Virtual

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING CLASSES						
	Les Mills BODYPUMP 6:15 am / Rachel (IP)		Les Mills SPRINT 6:30 am / Vicky (IP)		Les Mills BODYPUMP 6:15 am / Rachel (IP)	Cycle 7:00 am/Neal (IP)
ZUMBA 9:30/ Fernando (H)	Flow Yoga 9:30 am / Cynthia (H)	Total Body Fitness 9:30 am/Neal (IP)	Les Mills CORE 7:10 am / Vicky (IP)	Fit Fusion 9:00 am/Rhoda (H)	ZUMBA 9:30 am/Tania (H)	Les Mills BODYPUMP 8:00 am (IP)
	Sculpt 10:30 am/Carole (IP)	ZUMBA 10:30am/Anne (H)	Cardio Sculpt 8:15 am / Sandy (V)	Core Conditioning 10:15 am/ Sherry (IP)	Flow Yoga 10:30 am/Cynthia (H)	Sunrise Yoga 9:00 am / Carole (IP)
Pilates 11:00 am/Stella (H)		BUTTS & GUTS 10:30 am / Sandy (V)	ZUMBA 9:30 am/Julio (H)			ZUMBA 10:30 am / (H)
			Pilates 9:30 am / Rhoda (H)			
		Aqua Fit 11:30 am / Luci (IP)	Stretch / Balance 10:30 am/Rhoda (H)	Aqua Fit 11:30 am / Luci (IP)		
	Balance and Strength 12:00 pm / Luci (IP)	Yoga 12:00 pm/ Amy (H)	Balance and Strength 12:00 pm /Luci (IP)	YOGA 12:00 pm / Amy (H)	Tone Up/Shape Up 12:00pm/ Christelle (H)	
EVENING CLASSES						
		ZUMBA 5:30 pm /Amie (H)		ZUMBA 5:30 pm/Sae (H)		
	Les Mills BODYPUMP 6:00 pm (IP)	Les Mills SPRINT 5:45 pm/ Amelia (IP)	Triple Fitness 6:00pm/Jeannine (IP)			
	Pilates 7:10 pm / Stella (H)	Les Mills CORE 6:30 pm / Amelia (IP)		Les Mills BODYPUMP 6:30 pm (IP)		

For more information or to register, please contact - @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.

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: Cardio and floor exercises using weights, bands, benches and mat exercises to sculpt your body while increasing strength and cardio endurance.

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..

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

SPRINT™: A 30 minute high intensity cycle workout featuring bursts of intensity where you work hard followed by periods of rest that prepare you for the next effort. The payoff is you burn calories for hours after the workout!

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

SUNRISE YOGA: A yoga class designed to increase strength and flexibility while incorporating fitness based mindful movement through a progressive series of poses that accommodate all fitness levels.

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

TOTAL BODY FITNESS: An exercise program to energize your total body to include; cardio high intensity interval training, strength, power, stability and balance. A Total Body Experience leaving you feeling stronger, better, and energized.

CORE CONDITIONING: This class emphasizes sculpting and strengthening the trunk with its major muscle groups—feel your abdominal, glute, hip, back and chest muscles like never before using balls, dumbbells, bands, and weighted body bars.

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.

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.