



MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-7:15 GST Traci		6:00-7:00 QI GONG David	6:30-7:15 POWER UP Carol	6:00-7:00 QI GONG David	6:30-7:15 GST Traci	
7:30-8:00 HIIT Traci	8:00-8:25 STEP Traci	7:00-8:00 YOGA (starts 6/12) Marilyn	7:30-8:15 ZUMBA® Traci	7:00-8:00 YOGA (starts 6/14) Esther	7:30-8:15 TRX FUSION Traci	7:30-8:30 R.I.P.P.E.D. Denise
8:30-9:25 MUSCLE TONING Lynn		8:00-9:00 FIT CAMP TABATA Lynn	8:30-9:25 MUSCLE TONING Traci	8:00-9:00 FIT CAMP TABATA Lynn	8:30-9:25 MUSCLE TONING Traci	8:35-9:20 STEP Denise
9:30-10:30 FOREVER FIT Lynn		9:30-10:45 VINYASA YOGA Michelle D.	9:30-10:30 FOREVER FIT Carol	9:30-10:45 VINYASA YOGA Michelle D.	9:30-10:45 EASE INTO YOGA Mibs	9:30-10:45 YOGA Janet
11:00-11:45 A,B,C's Staff		11:00-11:55 ZUMBA GOLD® Sheilla	11:00-11:45 A,B,C's Staff	11:00-11:55 ZUMBA GOLD® Sheilla	11:00-11:45 A,B,C's Staff	
12:00-1:00 VINYASA YOGA Traci		12:00-12:25 HiIT Nancy	12-1:00 YOGA Mibs	12:00-12:25 CORE & MORE Ray	12:00-1:00 RESTORATIVE YOGA Cassandra	Most of our classes are suitable for all levels. Please ask the fitness staff or your instructor for more details about the classes offered.
		12:30-1:15 MOVE FREE Carol		12:30-1:30 BACK & BONE HEALTH ■ Carol		
3:00-4:30 WELL PROGRAM ■ Staff			3:00-4:30 WELL PROGRAM ■ Staff		3:00-4:30 WELL PROGRAM ■ Staff	■ STUDIO CLOSED FOR PRIVATE GROUP
4:30-5:15 STEP Joan		4:15-5:15 METABOLIC TOTAL BODY Joan	4:30-5:25 YOGA Janet	4:15-5:15 METABOLIC TOTAL BODY Joan	4:30-5:15 ZUMBA Traci	Quickly get updates on all programs, events, inclement weather and tips and member news! Join our email list & get weekly eNewsletters.
5:30-6:25 TAI CHI SUN STYLE SESSION 3 ■ Howard		5:20-6:25 ATHLETIC YOGA (starts 6/12) Meghan	5:30-6:25 SERIOUS STRENGTH Denise	5:20-6:25 YOGA Heather	5:15-6:00 YOGA Traci	
		6:30-7:30 20 / 20 / 20 Bruce	6:30-7:15 STEP Denise		■ PRE-REGISTER AT MEMBER SERVICES	

A,B,C'S – Aerobics, Balance & Conditioning – This class utilizes chairs, Dyna bands and hand weights to help develop strength, balance and cardio

ATHLETIC YOGA – Geared toward the athlete, this class offers dynamic, ongoing flow of postures with a focus on enhanced strength and flexibility.

CORE & MORE – Improve balance and build core strength with core stabilizing moves with this new piece of equipment.

EASE INTO YOGA – All levels of flexibility and fitness can experience the benefits of yoga. Chairs and props are used to assist in movement range.

FIT CAMP | TABATA – High-intensity cardio drills and strength components, challenge you. The workout includes core and stretching.

FOREVER FIT – This class includes cardio, strength training, balance and stretching.

GST – Group Strength Training – A strength workout for all the major muscles. This pumped up class offers optimal results.

HiIT – Experience the after burn results when you participate in this **High-Intensity Interval Training** class. This short and intense class is a modifiable workout for the average, healthy, participant.

MAT PILATES – This class provides options and progressions for all levels of fitness.

MUSCLE TONING – A dynamic, fun class utilizing dumbbells that will keep you strong and functioning.

METABOLIC TOTAL BODY – The unique mix of light to moderately heavy weighted movement exercises challenges the entire body & ignites calorie burn.

MOVE FREE | ADULT FITNESS – A strength, balance & falls prevention class for populations with limitations: such as Parkinson, arthritis and or joint issues. Chair modifications are provided.

POWER UP – Utilization of metabolic muscles for calorie burning, your body weight and light free weights and/or tubing in compound exercises for toning.

R.I.P.P.E.D. – This class format creates consistency and challenge. Perfect for the fit individual, wanting to be challenged but suitable for all levels.

RESTORATIVE YOGA – This deeply relaxing class starts with gentle stretching and transitions into long-held supported postures, yogic breathing, and guided relaxation to calm the body, mind and breath.

SERIOUS STRENGTH – This challenging and fast-paced class will improve strength and endurance. This class is suitable for all levels – beginner to advanced.

STEP – Improve cardiovascular fitness with fun step routines. Complex choreography & high intensity make this class suitable for those with some experience.

QIGONG – Qi Gong means energy work. Performing simple standing postures and moving with breath awareness promotes health and longevity. Class focus is on agility, strength, balance, cognitive functions, and general health.

TRX FUSION – Get a dynamic workout with this amazing tool that can assist in flexibility, strength and core. Class includes free weights & other tools.

VINYASA FLOW YOGA – This class links powerful breath with dynamic, ongoing flow of postures while cultivating strength, endurance, flexibility, balance and inner focus.

YOGA – Yoga improves, circulation, flexibility & strength as well as having a calming effect on the mind and body.

ZUMBA™ – This dance fitness class is so much fun - it doesn't even feel like a workout! Infectious music and the party atmosphere make the time fly by.

ZUMBA GOLD™ – Modified to suit the active older participant, as well as those just starting their journey to a healthy lifestyle, Zumba Gold is suitable for all fitness levels.

6-WEEK PROGRAMS

Pre-registration & Fee required

BACK & BONE HEALTH – Improve posture and core strength without compromising back integrity. (This class is not intended as a substitution for physical therapy.)

TAI CHI TRILOGY:

First 6-wk session: learn principles and benefits of Seated Tai Chi for Health and Arthritis. Great Tai Chi intro and gentle exercise for all with or without limited mobility. An extended trip passenger? Avoid potential issues with long term sitting.

Second 6-wk session: Follow-up into the standing form with core movements and apply principles.

Third 6-wk session: Move into extended forms and resume with added principles.

CLUB HOURS

Monday – Friday – 5:30 a.m. – 8 p.m.
Saturday and Sunday – 7 a.m. – 3 p.m.

If an instructor is unavailable to teach a class, we make every effort to find a substitute instructor. However, at times we may be forced to cancel a class.

- Please be on time, the warm-up prepares you for the class
- All activities pose a risk. Advise the instructor of your special medical considerations.
- A minimum of two participants is required for a class to run.
- Wear appropriate footwear for exercise. No street shoes.
- If you need to leave class early please notify the instructor.
- For health reasons, we ask that you bring your own yoga mats.
- As a courtesy to others, avoid gathering and talking outside studio.
- No Cell Phones in Studio please.
- HOLIDAYS: Any changes to our class schedule will be posted on face book.
- INCLEMENT WEATHER: Weather updates are posted on face book.

<http://www.facebook.com/BondWellnessCenter>