



# Bond Wellness Center

at MONADNOCK COMMUNITY HOSPITAL

## Group Fitness Studio Schedule

Your life. Your health. *Your Wellness Center.*

SPRING | 2017

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-7:15 <b>GST</b> Traci			6:30-7:15 <b>POWER UP</b> Carol		6:30-7:15 <b>GST</b> Traci	
7:30-8:00 <b>HIIT</b> Traci	8:00-8:25 <b>STEP</b> Traci	7:00-7:55 <b>EASY MORNING YOGA</b> Lynn	7:30-8:15 <b>ZUMBA®</b> Traci	7:00-7:55 <b>EASY MORNING YOGA</b> Lynn	7:30-8:15 <b>TRX FUSION</b> Traci	7:30-8:30 <b>R.I.P.P.E.D.</b> Denise
8:30-9:25 <b>MUSCLE TONING</b> Lynn		8:00-9:00 <b>MAT PILATES</b> Lynn	8:30-9:25 <b>MUSCLE TONING</b> Lynn	8:00-9:00 <b>FIT CAMP   TABATA</b> Lynn S.	8:30-9:25 <b>MUSCLE TONING</b> Lynn	8:35-9:20 <b>STEP</b> Denise
9:30-10:30 <b>FOREVER FIT</b> Lynn S		9:30-10:45 <b>VINYASA YOGA</b> Michelle D.	9:30-10:30 <b>FOREVER FIT</b> Lynn	9:30-10:45 <b>VINYASA YOGA</b> Michelle D.	9:30-10:45 <b>EASE INTO YOGA</b> Anne	9:30-10:45 <b>YOGA</b> Janet
11:00-11:40 <b>A,B,C's</b> Dan		11:00-11:50 <b>ZUMBA GOLD®</b> Sheilla	11:00-11:40 <b>A,B,C's</b> Dan	11:00-11:50 <b>ZUMBA GOLD®</b> Sheilla	11:00-11:40 <b>A,B,C's</b> Lynn	
12:05-12:25 <b>RECESS</b> Nancy		12:05-12:25 <b>LUNCH CRUNCH</b> Nancy	12:05-12:25 <b>RECESS</b> Nancy	12:05-12:25 <b>LUNCH CRUNCH</b> Hannah	12:05-12:25 <b>RECESS</b> Hannah	
12:30-1:30 <b>YOGA</b> Jill		12:30-1:15 <b>MOVE FREE</b> Carol	12:30-1:30 <b>TAI CHI</b> David	12:30-1:30 <b>BONE &amp; BACK HEALTH PILATES ■</b> Anne	12:30-1:30 <b>RESTORATIVE YOGA</b> Cassandra	
4:00-5:15 <b>YOGA</b> Mibs		4:30-5:15 <b>HAPPY ½ HOUR BOX &amp; CORE</b> Joan	4:30-5:25 <b>YOGA</b> Janet	4:30-5:15 <b>HAPPY ½ HOUR STEP &amp; CORE</b> Joan	4:30-5:15 <b>ZUMBA®</b> Traci	
5:30-6:25 <b>TAI CHI ■</b> Howard		5:30-6:25 <b>ZUMBA®</b> Joan	5:30-6:25 <b>SERIOUS STRENGTH</b> Denise	5:30-6:25 <b>ZUMBA®</b> Joan	5:30-6:30 <b>YOGA</b> Traci	<b>Like us on Facebook:</b> <a href="http://www.facebook.com/BondWellnessCenter">www.facebook.com/ BondWellnessCenter</a>  Comments / Feedback <a href="mailto:Joan.Ahern@mchmail.org">Joan.Ahern@mchmail.org</a>
6:30-7:45 <b>YOGA</b> Peggy		6:30-7:30 <b>BODYSHRED</b> Denise	6:30-7:15 <b>STEP</b> Denise		<b>■ PRE-REGISTER AT MEMBER SERVICES</b>	

**A,B,C'S** – This class utilizes chairs, Dyna bands and hand weights to help develop strength. Balance and cardio components are included.

**BODY SHRED** – by Jillian Michael's™ is an endurance-based 30 minute class utilizing Jillian's 3-2-1 interval approach: 3 minutes of strength, 2 minutes of cardio, 1 minute of abs repeated in 4 circuits.

**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.

**EASY MORNING YOGA** – Wake up gently with this easy-going yoga class. Props are used to assist in improving flexibility and fluidity in movement. A great way to start your day.

**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, and stretching.

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

**HAPPY ½ HOUR | STEP** – Classic Step Combinations start easy and progress to build a full block Each block is followed by a simple, cardio based drill. | **BOX** – basic & fast-paced to get your heart rate up & burn calories.

**CORE** – Abs, butts, guts. These **Work-Site Wellness Programs** are free to MCH employees.

**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.

**LUNCH CRUNCH** – A **Work-Site Wellness Program** that offers solid core exercises using different tools. A **Work-Site Wellness Program**.

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

**MUSCLE TONING** – A dynamic, fun class that will keep you functioning for years to come.

**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. Great for beginners and seniors and individuals recovering from injury.

**MULTI-LEVEL YOGA** – This class is intended for those who are new to yoga as well as for those who wish to revisit the fundamentals of the practice – deepening and refining Asana poses, breath training, and relation.

**POWER UP** – Utilization of metabolic muscles in the legs, back, chest and glutes for calorie burning, your own body weight and light to moderate free weights and/or resistance tubing in compound exercises for toning.

**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.

**RECESS** – This **Work-Site Wellness Program**, is free to MCH employees and offers a moderate intensity workout something different every time. A **Work-Site Wellness Program**.

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

**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.

**TRX FUSION** – Get a dynamic workout with this amazing tool that can assist in flexibility, strength and core.

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

**VINYASA FLOW YOGA** – This class links powerful breath with dynamic, ongoing flow of postures. Vinyasa yoga cultivates strength, endurance, flexibility, balance, focus and serenity.

**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.

## 6-week Specialty Programs pre-registration & fee required

**BONE & BACK HEALTH PILATES** – Improve posture and core strength without compromising back integrity. (This class is not intended as a substitution for physical therapy.) Starts 1/12/17

**TAI CHI** – Begin or continue your journey with the most popular Tai Chi form – Yang style. The Yang 40 Form covers all essential elements of the traditional 108 movements. This class is a standing form for all levels of Tai Chi knowledge. Starts 1/2/17.

- 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/pilates 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>

Most of our classes are suitable for all levels. Please ask the fitness staff or your instructor for more details about the classes offered.

### CLUB HOURS

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

**603 924-4650**

*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 at the last minute.*