



Bond Wellness Center

Group Fitness Studio Schedule

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

February 2018

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	7:00-7:55 KUNDALINI YOGA Jessica	7:30-8:15 ZUMBA® Traci		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 S.		8:00-9:00 FIT CAMP TABATA Lynn S.	8:30-9:25 MUSCLE TONING Traci	8:00-9:00 FIT CAMP TABATA Lynn S.	8:30-9:25 MUSCLE TONING Traci	8:35-9:20 STEP Denise
9:30-10:30 FOREVER FIT Lynn S.		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 Anne	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	Most of our classes are suitable for all levels. Please ask the fitness staff or your instructor for more details about the classes offered.
12:00-1:00 YOGA Jill		12:00-12:25 BE BETTER LUNCH COMBO Ray	12:00-1:00 MULTI-LEVEL YOGA Mibs	12:00-12:25 BE BETTER LUNCH COMBO Ray	12:00-1:00 RESTORATIVE YOGA Cassandra	
1:00-2:00 PRENATAL YOGA ■ Jill		12:30-1:15 MOVE FREE Carol		12:30-1:30 BONE & BACK PILATES ■ Anne		
3:00-4:30 WELL PROGRAM Staff		2:00-3:00 READY STEADY GO! ■ Anne	3:00-4:30 WELL PROGRAM Staff		3:00-4:30 WELL PROGRAM Staff	
4:30-5:15 STEP Joan		4:10-5:00 METABOLIC TOTAL BODY Joan	4:30-5:25 YOGA Janet	4:10-5:00 METABOLIC TOTAL BODY Joan	4:30-5:15 ZUMBA Traci	
5:30-6:25 TAI CHI ■ Howard		5:00-5:30 SPEEDBALL CORE Ray	5:30-6:25 SERIOUS STRENGTH Denise	5:00-5:30 HIIT Nancy	5:15-6:00 YOGA Traci	SUPER SUNDAY SERIES 1 st Class: 9:00-10:00 2 nd Class: 10:00-11:00 Quickly get updates on all programs, events, inclement weather and tips and member news! Like us on Facebook: www.facebook.com/BondWellnessCenter Join our email list & get weekly eNewsletters.
6:30-7:45 KUNDALINI YOGA Jessica		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

BE BETTER LUNCH COMBO – A **Work-Site Wellness Program** that offers **CARDIO, CORE & CONDITIONING** exercises using different tools. **BeBetter / Work-Site Wellness Programs** are **FREE** to MCH employees.

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.

HAPPY 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, 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 for years to **come**.

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.

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 for calorie burning, your own body weight and light to moderate free weights and/or 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.

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.

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

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 movements 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.

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

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

20 / 20 / 20 – This class is set to motivating music, easy to follow cardio box, strength training & core & stretch.

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 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.)

READY STEADY GO! PHASE 1 – is designed to re-establish proper neuro-muscular function and balance within the muscles acting at and across the joints and to train the body to move effectively.

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.*

PRENATAL YOGA – Prenatal Yoga focuses on poses for pregnant women to increase flexibility and strength. We work on breathing and relaxation techniques to prepare both the mind and body for an easier, shorter labor.

No experience necessary

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.

- 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 tudio.
- 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.