

Winter/Spring Fitness Class Schedule

Bond Community Center

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Aqua Splash

8:00 - 8:45am

Laura Kelsey

Silver Sneakers®

Muscular Strength & Range of Movement

8:15 - 9:00am

Marisa Steinbach

Aqua Splash

8:00 - 8:45am

Laura Kelsey

Silver Sneakers®

Muscular Strength & Range of Movement

8:15 - 9:00am

Kathleen Young

Aqua Splash

8:00 - 8:45am

Laura Kelsey

Silver Sneakers®

SilverSplash

9:00 - 9:45am

Marisa Steinbach

Yoga Flex ♦

9:00 - 10:00am

Laura Kelsey

Silver Sneakers®

SilverSplash

9:00 - 9:45am

Margaret Dakins

Silver Sneakers®

SilverSplash

9:00 - 9:45am

Marlene Manderfield

Cardio Blast

9:15 - 10:15am

Laura Kelsey

Cardio Blast

9:15 - 10:15am

Laura Kelsey

Top It Off

9:15 - 9:45am

ABSolutely Abs

9:45 - 10:15am

Laura Kelsey

Youth Strength Training ♦

10:00 - 11:00am

Winter 2 & Spring Only

Silver Sneakers®

Muscular Strength & Range of Movement at Crivitz Village Hall

10:00 - 10:45am

Marlene Manderfield

Silver Sneakers®

Muscular Strength & Range of Movement at Crivitz Village Hall

10:00 - 10:45am

Marlene Manderfield

Deep Splash

4:30 - 5:15pm

Brenda Jicha

Cardio Mix

4:15 - 5:00pm

Laura Kelsey

Body Blast

5:15 - 6:15pm

Paula Moe

Super Sculpt

5:15 - 6:15pm

Kathleen Young

Rock Bottom

5:15 - 5:45pm

Kathleen Young

Aqua Splash

5:00 - 5:45pm

Tania Wusterbarth

ABSolutely Abs

5:45 - 6:15pm

Kathleen Young

Spin & Sculpt ♦

5:20 - 6:20pm

Laura Kelsey

Yoga Flex ♦♦

6:30 - 7:30pm

Laura Kelsey

Yoga Flex ♦♦

6:30 - 7:30pm

Laura Kelsey

Yoga Spin ♦

6:30 - 7:30pm

Laura Kelsey

All Group Fitness classes (with the exception of specialty classes) are OPEN to members and general public. Members are free. General Public can choose 1 class per week for 7 weeks and pays \$42 or 2 classes per week for 7 weeks and pays \$84, etc.

♦ = Indicates SPECIALTY class is available to members and general public for an additional fee. For Spin & Sculpt, Yoga Flex, and Yoga Spin the cost is \$18 for members and \$36 for general public per class, per session. Youth Strength Training is \$28 for members and \$56 for general public per session.

♦♦ = Indicates SPECIALTY class is available to members and general public for an additional fee. Yoga Flex is \$36 for members and \$72 for general public per session.

Classes in shaded (BLUE) are held in the Pool

The instructor listed under the class is scheduled to teach. It may change each week due to the availability of the instructor.

SCHEDULE EFFECTIVE: January 1 - May 31, 2008

Bond Community Center
bellinhealth



Operated by
Bellin Health
in partnership with the Bond Health Center

Winter 1 session: January 7 - February 16

Winter 2 session: February 25 - April 5

Spring session: April 14 - May 24

1201 Park Avenue

PO Box 322

Oconto, WI 54153

(920) 834-5585

ABSolutely Abs

Tired of the same old sit-ups and looking to get those washboard abs? Try our ABSolutely Abs workout. Target your abdominals, low back and obliques with new and challenging exercises to define your abs and get that ABSolutely awesome look.

Cardio Mix

Tired of the same old thing? Get ready to sweat while we MIX it up with a little bit of this and a little bit of that including classic hi/lo aerobics, step, kickboxing, or athletic conditioning for this all cardio, all fun class.

Super Sculpt

Sculpt and redefine your body using body bars, dumbbells, and resistance bands. Along with challenging your core strength using resistance, balance and dynamic moves with the Resist-A-Ball.

Silver Sneakers® - SilverSplash

(Formerly Aqua Motion) Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination. SilverSplash® provides a friendly and supportive group atmosphere to help you decrease pain and stiffness associated with limited mobility. You will learn exercises that can help increase your joint range of motion and strengthen muscles without putting excess stress on joints.

Deep Splash

We're getting more than just our toes wet! This aqua class is held in the deep part of the pool. Experience all new cardiovascular and strength exercises while floating with a noodle or water belt. Get ready to sweat. Yes, you can do that in a pool.

Top It Off

Take your workout to the TOP shaping, firming and sculpting your upper torso. Target the upper body, increasing your strength and improving your definition using resistance, weights, and non-stop motivation.

Aqua Splash

Test the water with us in this aquatic fitness class. We will perform cardiovascular exercises in the shallow end of the pool as well as strength training exercises for the upper and lower body using water, weights and resistance tubing for an added challenge.

Rock Bottom

Get ready to hit ROCK BOTTOM in this lower body sculpting class. Chisel the ROCK solid legs, buns, and abs you've been dreaming of as you sweat your way to the ~~top~~ BOTTOM.

Youth Strength Training

This strength training class is structured specifically for youth ages 11-13. We will cover cardio and strength machines as well as free weight, cable, and resistance tubing exercises. Upon completion of the course, each student will gain privilege to use the cardiovascular and weight rooms as well as attend classes.

Body Blast

An incredible full body workout! Kicking it off with a BLAST of heart-pumping cardio moves, then BLASTing you again with some awesome strength training. Whether you are new to working out or a fitness fanatic...this class is for you!

Silver Sneakers® - Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

Yoga Flex

A choice class that is very effective in reducing stress, releasing tension, and building strength and flexibility throughout the body. The postures may be challenging, but modifications will be encouraged to make the poses comfortable and beneficial.

Cardio Blast

This circuit training class is a great way to change up your regular routine. We will BLAST through one-minute intervals of various stations to give you a cardiovascular and strength training challenge. Wrap it up with abdominal work and stretching.

Spin and Sculpt

A great combination for those who want to get it all in! For 30 minutes spin your way through scenery only you can imagine. Then join us as we work to define our bodies using body bars, dumbbells, and resistance bands.

Yoga Spin

A great combination of a mind and body workout. Join us for a 30 minute spin class, followed by 30 minutes of yoga. It's the perfect way to fit it all in!