

Bond Community Center Class Schedule

Effective: Nov. 2 - Dec. 18, 2009

belinhealth

TIME	MON	TUES	WED	THUR	FRI	SAT
5:30-6:15 A.M.	SPIN ♦ Julie	YOGA ♦ Laura	SPIN ♦ Julie			
5:30-6:30A.M.					SPIN YOGA ♦ Laura	
8:00-8:45 A.M.	AQUA SPLASH Laura	Silver Sneakers™ MSROM Laura	AQUA SPLASH Laura	Silver Sneakers™ MSROM Laura/Julie	AQUA SPLASH Laura	
9:00-9:45 A.M.	Silver Splash™ Amy		Silver Splash™ Margaret		Silver Splash™ Laura	
10:00-10:45 A.M.	Silver Sneakers™ MSROM Marlene Crivitz Village Hall	AQUA SPLASH Amy	Silver Sneakers™ MSROM Marlene Crivitz Village Hall	AQUA SPLASH Amy	(9:15AM- 10:15AM) CHILD CARE AVAILABLE	
11:00-11:45 A.M.		AQUA HIP KNEE & BACK ♦ Amy		AQUA HIP KNEE & BACK ♦ Amy		
4:30-5:30 P.M.				Spin and sculpt ♦ Laura		
5:15-6:00 P.M.			AQUA SPLASH Tania			
5:15-6:15 P.M.			SPIN YOGA ♦ Laura			
5:30-6:00 P.M.	Core Strengthener Julie (Child care available)					
6:15-7:00 P.M.	Circuit Express Julie (Child care available)			Stride & Strength Laura		
6:30-7:15 P.M.			YOGA ♦ Laura			

♦ = Indicates SPECIALTY class is available to members and general public for an additional fee.

www.bondcommunitycenter.com

Shading Denotes Punch Card Redeemable

Class Descriptions

Bond Community Center
1201 Park Avenue ♦ 834-5585

Cardio / Strength Classes

SPIN & 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 muscles.

STRIDE & STRENGTH - Low impact walking class with hand held weights and rubberized tubing while doing walking intervals.

SPIN - A great ride you won't want to miss. 45 minutes of endurance work for the accomplished rider.

FUNCTIONAL TRAINING – Enhance and improve your body's overall function with this full body work out and conditioning class. This class will help you be less prone to injury and more effective at everything you do.

SILVERSNEAKERS™- MUSCLE STRENGTH AND RANGE OF MOTION (MSROM) 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.

SPIN & YOGA - 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!

YOGA - A great mind and body workout. Stretch, strengthen and balance your way into a new you.

CORE STRENGTHENER –This class will whittle your center and strengthen your middle. Core strength can change the way your body looks, feels, and performs.

CIRCUIT EXPRESS-LOW impact muscle strengthening and a variety of cardio moves that are fun for all ages.

Aquatic Classes

SILVERSNEAKERS™ - SILVER SPLASH
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.

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.

AQUA HIP, KNEE & BACK - Discover the benefits of water if you have hip, knee, or back pain or are a pre/post surgery patient. This class is taught by a Group Fitness Instructor.