

Bond Community Center Class Schedule

Effective: Nov. 2 - Dec. 18, 2009

bellinhealth

5:30-6:15 A.M.	SPIN♦ Julie		SPIN♦ Julie			
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	Chair Yoga♦ Laura	Silver Splash™ Margaret		Silver Splash™ Laura	
9:15-10:15 A.M.	CARDIO BLAST Laura			SPIN & ABS♦ Julie	FUNCTIONAL TRAINING Julie	
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		
11:00-11:45 A.M.		AQUA HIP KNEE & BACK♦ Amy		AQUA HIP KNEE & BACK♦ Amy		<p>♦ = Indicates SPECIALTY class is available to members and general public for an additional fee.</p> <p>* = Available to general public for an additional fee – Free to members.</p> <p>Shading Denotes Punch Card Redeemable</p>
4:30-5:00 P.M.		Rock Bottom Laura		Abs Laura		
5:15-6:15 P.M.			AQUA SPLASH Tania			
5:45-6:30 P.M.	Stride & Strength Laura*		SPIN YOGA♦ Laura			
6:00-7:00 P.M.	Pilates♦ Julie					
6:15-7:00 P.M.				YOGA♦ Laura		
7:00-7:45 P.M.		BODY BLAST Abby				

Class Descriptions

Bond Community Center
1201 Park Avenue ♦ 834-5585

Cardio / Strength 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!

CARDIO BLAST - 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.

BUTTS & GUTS - Combine fun with fitness to increase your muscular tone. Lower body strength work with weights, elastic tubing, and a ball.

ABS & BACKS - Combine fun with fitness to define your abdominals. Upper body strength work with weights, elastic tubing, and body bars.

SPIN & ABS - 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 abs.

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

HUNTER'S EDGE - Develop good core strength, agility, endurance and flexibility that you need for a healthy active hunting season.

PILATES - Most effective "core" muscle strengthening available today. It also strengthens the small stabilizing muscles of the body's joints.

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.

CARDIO STRENGTH - This fast-moving workout conditions your cardiovascular system and every muscle in your body. Intervals of strength and cardio will challenge you with an increase in intensity and weight training while working on your endurance.

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.

CHAIR YOGA - A great mind and body workout. Stretch, strengthen and balance your way into a new you while enjoying the assistance of a chair for support and security.

ABS - Thirty minutes of muscle defining abdominal exercises.

ROCK BOTTOM - Tighten, tone and shape the derriere muscles.

SUPER SCULPT – This will tone and shape all muscles groups and provide definition to enhance your appearance.

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.