

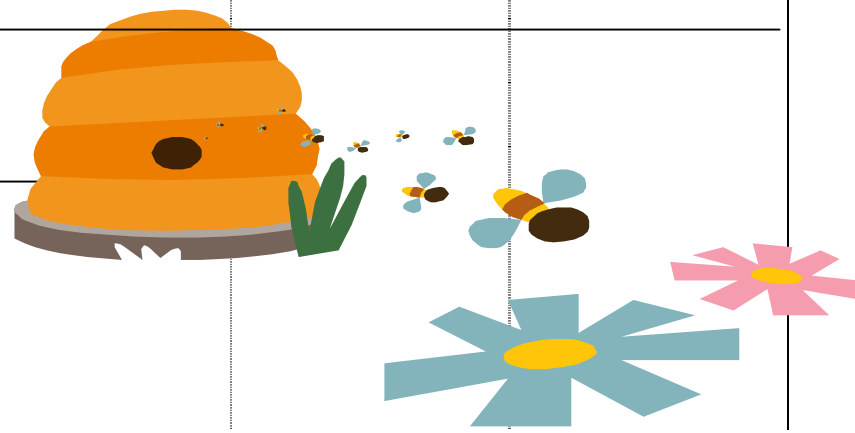
Bond Community Center Class Schedule

effective: **June 1– August 31, 2010**

belinhealth

TIME	MON	TUES	WED	THUR	FRI	SAT
8:00-8:45 A.M.	AQUA SPLASH Laura	Silver Sneakers™ MSROM Laura	AQUA SPLASH Tania	Silver Sneakers™ MSROM Laura	AQUA SPLASH Laura	
		AQUA SPLASH Amy June 22 thru July 20		AQUA SPLASH Amy June 24 thru July 22		
8:30-9:15 A.M.	June 21 thru July 19 Silver Splash™ Amy		June 21 thru July 21 Silver Splash™ Margaret			
9:00-9:45 A.M.	Silver Splash™ Amy June 7 and 14 July 26 thru Aug 30	Silver Sneakers™ Yoga Laura	Silver Splash™ Margaret June 2,9, and 16 July 28 thru Aug 31		Silver Splash™ Laura	Pool closed Aug. 30 thru Sept. 7 for Maintenance
	Kickboxing Tania		Kickboxing Tania			
10:00-10:45A.M.	Silver Sneakers™ MSROM Marlene Crivitz Village Hall	AQUA SPLASH Amy June 1,8, &15 July 27 thru Aug 31	Silver Sneakers™ MSROM Marlene Crivitz Village Hall	AQUA SPLASH Amy June 3,10, & 17 July 29 thru Aug 26		
5:15-6:00 P.M.			AQUA SPLASH Laura			
6:15-7:00 P.M.	Zumba Cherran Dae	YOGA ↕ Laura	Zumba Cherran Dae			

Catch the Summer Buzz!



Class Descriptions

Bond Community Center
1201 Park Avenue ♦ 834-5585

Cardio / Strength Classes

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.

ZUMBA® * Let the party begin! Zumba® is a Latin-dance inspired fitness class. Class features interval training using fast and slow rhythms to maximize caloric output, fat burning and total-body toning. No experience required! Just show up and let the Latin rhythms do the rest.

Kickboxing –A fun workout using the fundamentals of boxing. Includes shadow boxing, kicks and blocks, coordination skills and upper body muscle toning.

SILVERSNEAKERS™ ♦ This class is for members of participating Medicare health plans only. Join the nation's leading fitness program for older adults...FREE! Reduce your risk of heart disease, double your muscle strength and reduce your risk of diabetes. Custom-designed classes are taught by certified instructors.

SILVERSNEAKERS™♦ MUSCLE STRENGTH AND RANGE OF MOTION 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.

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

Aquatic Classes

SILVERSNEAKERS™ ♦ This class is for members of participating Medicare health plans only. Join the nation's leading fitness program for older adults...FREE! Reduce your risk of heart disease, double your muscle strength and reduce your risk of diabetes. Custom-designed classes are taught by certified instructors.

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.