

Bond Community Center Class Schedule

effective: *January 1 - February 21, 2010* **bellin**health

| TIME | MON | TUES | WED | THUR | FRI | SAT |
|------------------|--|------------------------------------|--|--|-------------------------|-----|
| 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 | SilverYoga™ Laura | Silver Splash™ Margaret | | Silver Splash™ Laura | |
| 9:15-10:00 A.M. | | Fibro♦ Amy | | Hip, Knee and Back♦ Amy | | |
| 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 | | |
| 4:15-5:00 P.M. | | Gentle Fitness Laura | Circuit Express Laura | | | |
| 5:15-6:00 P.M. | Stride & Strength* Julie | FAMILY FIT Laura | AQUA SPLASH Tania | | | |
| 5:15-6:15 P.M. | | | SPIN SCULPT♦ Laura | | | |
| 5:30-6:00 P.M. | | | | Core Strengtheners Julie | | |
| 6:15-7:00 P.M. | | | YOGA♦ Laura | HOLIDAY TRIMMINGS* Julie | | |
| 7:00-7:45 P.M. | | BODY FIT Abby | | Open Volleyball | | |

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

* = Available to general public for an additional fee – Free to members.

Shading Denotes Punch Card Redeemable

Class Descriptions

Bond Community Center

1201 Park Avenue ♦ 834-5585

Cardio / Strength Classes

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

HOLIDAY TRIMMINGS ♦ Trim off those holiday pounds with exercises that tone your body and shed fat. Learn how eating the right foods can speed up this process and your metabolism.

GENTLE FITNESS ♦ Low impact, energetic class that focuses on a variety of exercises. It will build strength, flexibility, and balance.

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 bodies using body bars, dumbbells, and resistance bands.

SPIN ♦ For 45 minutes spin your way through scenery only you can imagine. A fun cardio workout for ALL fitness levels.

FAMILY FIT ♦ Fitness for the whole family. Come and play with the family and get fit while having fun. Gym activities conducive to children 3 years and older.

SILVERSNEAKERS™ ♦ 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!

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

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.

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.

Open Volleyball ♦ This program is a non-officiated and recreational in nature. If you would like to play, drop in and set up a team with others here. Join the fun and play the game.

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 AND 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.

FIBRO ♦ (Fibromyalgia) Do you suffer from Fibro? This class is designed for you. Using the 86 degree pool, the workout is designed to reduce repetition and muscle fatigue. Then finish with a soak in the whirlpool.