

# Bond Community Center Class Schedule



Effective: **September 1 - December 31, 2010**

TIME	MON	TUE	WED	THU	FRI	SAT
5:30-6:15am	Spin ♦ Julie		Spin ♦ Julie			
8:00-8:45am	Aqua Splash Laura	Silver Sneakers® MSROM Laura	Aqua Splash Laura		Aqua Splash Laura	
9:00-9:45am	Silver Splash® Amy	Silver Sneakers® Yoga Stretch Laura	Silver Splash® Margaret	Silver Sneakers® Yoga Stretch Laura	Silver Splash® Laura	
10:00-10:45am	Silver Sneakers® MSROM Crivitz Village Hall -Marlene	Aqua Splash Amy	Silver Sneakers® MSROM Crivitz Village Hall -Marlene	Aqua Splash Amy		
11:00-11:45am		Aqua Fibro/Parkinsons♦ Amy		Aqua Hip, Knee & Back ♦ Amy		
5:15-6:00pm			Aqua Splash Diane		Shading Denotes Punch Card Redeemable.	
5:30-6:00pm		Beginning Core Laura	Kickboxing Tania (5:30-6:15)	Beginning Spin♦ Laura	♦=Indicates SPECIALTY class is available to members & general public for an additional fee. *=Availabe to general public for an additional fee - Free to members.	
6:15-7:00pm	Kickboxing Tania	Zumba®* Cherran Dea	Zumba®* Cherran Dea	Body Fit Laura		
6:15-7:00pm			Step Aerobics Oconto Falls Gym-Stephanie			
7:00-7:45pm				Yoga♦ Laura		

## 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!

**BEGINNING CORE** - Combine fun with fitness to increase your muscular tone. Start out slow and learn the proper form and technique.

**BEGINNING SPIN** - For 30 minutes, spin your way through scenery only you can imagine. This class will take you through the basics of spin and start you out slow.

**KICKBOXING** - A fun workout using the fundamentals of xoxing. Includes shadow boxing, kicks and blocks, coordination skills and upper body toning.

**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.

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

**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.

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

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

**STEP AEROBICS** - This action-packed class will give you an awesome workout! Using your choice of step height, you will increase your cardio and aerobic fitness.

## 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.

**AQUA FIBRO (Fibromyalgia)/PARKINSON'S♦**Do you suffer from Fibro/Parkinson's? This class is designed for you. Using the 86 degree pool, the workout is designed to reduce repetition and muscle fatigue and increase flexibility. Then finish with a soak in the whirlpool or infared sauna.