



**Bend Senior Center  
Winter Spring 2010  
Fitness Room & Classes**

**Senior Weight and Conditioning  
Training**

This class is designed to increase muscular strength while improving cardiovascular health. Circuit training involves moving from one exercise station to the next with minimal rest. Space is limited.

Fee: Fitness Pass or drop in.

**Jan 5– May 27**

**Tu/Th 9:00-10:00am**

Instructor: Bill Gauvin

**Personalized Circuit Training  
Adult 50+**

**January 4– May 26**

**M/W 1:15-2:15pm**

Trainer/Instructor will assist participants in individualizing exercises to fit their goals and restrictions to safely and effectively progress. Circuit will include warmup, exercises for strength, flexibility and balance, and cool down. Feel good and get fit with lots of individual attention. Instructor has more than 12 years experience working with people with chronic conditions and post-rehabilitation exercise.

Instructor: David Zimmerman.

Fee: Fitness Pass or drop in.



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**Fitness Room at the  
Bend Senior Center**

Fee: Drop in fee \$1 or buy an unlimited monthly fitness room pass for \$10. The use of the fitness room is included in the monthly fitness pass.

Cardio equipment

Stationary bikes

Hand Weights

Strength conditioning equipment

**Fitness Room hours:**

Monday-Wednesday 8:00 am-6:00 pm & Thursday & Friday 8:00am - 4:00pm.

Fitness room Drop in fee \$1 or buy unlimited monthly fitness room pass for \$10

**Fitness Room Orientation**

**January 5– May 27**

**Tu/Th 10:15-11:15am**

Orientations are held weekly. They are designed to educate the participant on how to use the equipment and machines. All participants must attend an orientation before using the fitness room and cardio equipment.

**Orientation fee: \$8.00**

Risks: Individuals must assume personal responsibility for the risks associated with the fitness room. Appropriate workout attire and shoes are required at all times.

Orientation is required before using the fitness equipment.