



Bend Park &  
Recreation  
DISTRICT  
Bend Senior Center  
1600 SE Reed Mkt Rd  
541.388.1133

# Bend Senior Center Weekly Fitness Schedule

## February 1-28, 2017 Schedule

*Use your Bend Senior Center Pass or pay single visit fee*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning</b>	7:35-8:35 am Stretch & Strength <i>Lindy</i>	7:35-8:35 am Stretch & Strength <i>Lindy</i>	7:35-8:35 am Stretch & Strength <i>Lindy</i>	7:35-8:35 am Stretch & Strength <i>Lindy</i>	7:35-8:35 am Stretch & Strength <i>Rae</i>	
	8:00-10:00 am Fitness Center Orientation <i>Laura</i>	8:00-9:00 am Cardio Ball <i>Char</i>	8:15-9:15 am Indoor Cardio Walking <i>Laura</i>	8:45-9:45 am Cardio Circuit <i>Judi</i>	8:00-10:00 am Fitness Center Orientation <i>Laura</i>	
	8:45-9:45 am Cardio Circuit <i>Judi</i>	9:00-10:05 am Cardio Ball <i>Char</i>	8:30-9:30 am Nia <i>Libby</i>	9:00-10:00 am Strength & Cond <i>Bill</i>	8:30-9:30 am Tai Chi 24 Movement <i>Dave</i>	9:00 am-3 pm Fitness Room Open
	8:45-9:45 am Cardio Dance Fusion <i>Amber</i>	9:00-10:00 am Strength & Condition <i>Bill</i>	8:45-9:45 am Functional Fusion <i>Char</i>	9:00-10:00 am Zumba Gold <i>Amber</i>	8:45-9:45 am Restorative Yoga <i>Cinda</i>	9:00-10:00 am Strength & Condition <i>Bill</i>
	8:45-9:45 am Fitness Variety <i>Alli</i>	9:35-10:35 am Tai Chi 24 Movement <i>Dave</i>		10:15-11:15 am Moving to Music <i>Doris</i>	8:45-9:45 am Fitness Variety <i>Lynley</i>	9:15-10:15 am Zumba Gold Staff Rotation
	10:15-11:15 am Moving to Music <i>Doris</i>	10:15-11:15 am Yoga Fundamentals <i>Janessa</i>	10:00-11:00 am Zumba Gold <i>Char</i>	10:15-11:15 am Yoga Fundamentals <i>Debra</i>	10:00-11:00 am Indoor Cardio Walking <i>Laura</i>	10:30-11:30 am Yoga Pilates <i>Janessa</i>
	10:00-11:00 am Zumba Gold <i>Char</i>	10:15-11:00 am Walk With Ease - Seated Exercises <i>Laura</i>	10:00-11:00 am Line Dance Beginning <i>Peggy</i>	10:15-11:15 am Functional Fitness <i>Chris</i>	10:00-11:00 am Beginning Barre <i>Rae</i>	
	10:15-11:15 am Functional Fitness <i>Chris</i>	11:30 am-12:30 pm Seated Yoga <i>Janessa</i>	11:30 am-12:30 pm Strength, Tone & Mightier Bone <i>Janessa</i>	11:30 am-12:30 pm Seated Yoga <i>Debra</i>	10:00-11:00 am Line Dance Beginning II <i>Peggy</i>	
	11:30 am-12:30 pm Strength, Tone & Mightier Bone <i>Char</i>		12:45-1:45 pm Personalized Circuit Training <i>Judi</i>		11:30 am-12:30 pm Strength, Tone & Mightier Bone <i>Julia</i>	
<b>Afternoon</b>	12:45-1:45 pm Personalized Circuit Training <i>Dave</i>		12:45-1:45 pm Fitness Center Workout <i>Julia</i>		12:45-1:45 pm Stretch & Relax <i>Julia</i>	
	2:00-3:00 pm Tai Chi 8 Movement <i>Dave</i>	3:30-4:30 pm Qigong <i>Chris M.</i>	2:00-3:00 pm Tai Chi 8/24 Movement <i>Judi</i>			
<b>Evening</b>	4:00-5:00 pm Mat Pilates <i>Judi</i>	4:30-5:30 pm Yoga Flow <i>Erin</i>	3:30-4:30 pm Barre Strength & Stretch <i>Judi</i>	4:30-5:30 pm Hatha Yoga <i>Phyllis</i>		
	4:30-5:30 pm Hatha Yoga <i>Erin</i>		4:30-5:30 pm Zumba <i>Challey</i>			
	5:30-6:30 pm Barre Body <i>Rae</i>	5:30-6:30 pm Bliss Dance <i>Emily</i>		5:30-6:30 pm Barre Body <i>Rae</i>		

### Cardio - Fitness :

**FITNESS VARIETY** offers cardio, aerobic, muscle strengthening, flexibility and balance exercises aimed to enhance muscle and bone strength, balance, joint range of motion and mobility. **M/F 8:45 - 9:45 am**

**CARDIO BALL** Light and low impact cardio and core conditioning integrating exercise balls, chairs and light weights. **Tu 8:00 - 9:00 am & 9:05 - 10:05 am**

#### **CARDIO CIRCUIT**

This fast and fun class is designed for active adults focusing on exercises for agility, strength, flexibility, and balance. Using weights, bands, balls, mats, and your own body weight. **M/TH 8:45 - 9:45 am**

#### **INDOOR CARDIO WALKING**

Alternating cardio walking with toning for quick, safe fat-burning and body-toning results. Easy-to-follow workouts without any complex or fancy footwork.

**W 8:15 - 9:15 am F 10:00 - 11:00 am**

#### **WALK WITH EASE-SEATED EXERCISES**

This class is tailored to people with mobility issues. All exercises will be in a seated position. Increase flexibility, gain strength and have fun! **T 10:15-11:00 am**

### Cardio - Dance :

**BEGINNING LINE DANCE** Designed for those that know basics and want to progress. Easy progression to variety of music. **W 10:00 - 11:00 am**

#### **BEGINNING LINE DANCE II**

Designed for students that would like a more Line Dance practice. Build on the basics. Easy to follow. Fun music.

**F 10:00-11:00 am**

#### **CARDIO DANCE FUSION**

This class is set to all genres of music. There are various formats of dance fitness. You don't have to be a dancer to come and have fun!

**M 8:45 - 9:45 am**

**NIA** A total-body class incorporating cardio movement to music from Jazz, Modern Dance, Yoga, Tai Chi, Tae Kwon Do. **W 8:30 - 9:30 am**

**BLISS DANCE WORKOUT** A lively, engaging workout fusing various genres in one class! Groove to hip hop, jazz, Latin, modern, lyrical, Middle Eastern and more.

**T 5:30-6:30 pm**

**ZUMBA** A dance-fitness class mixing Latin and International music and dance moves. Fun and easy to follow.

**W 4:30 - 5:30 pm**

**ZUMBA GOLD** Modified for the older participant and beginners, this class has zesty Latin music, easy-to-follow moves.

**M/W 10:00 - 11:00 am**

**Th 9:00 - 10:00 am Sa 9:15 - 10:15 am**

### Strength & Conditioning :

#### **WEIGHT ROOM ORIENTATION**

Learn the basic skills to use the new equipment safely and effectively.

**M/F 8:00 - 10:00 am**

### FITNESS CENTER WORKOUT

Challenge yourself with a series of exercise stations to get your whole body fit. Exercises are modifiable to fit your needs.

**W 12:45 - 1:45 pm**

#### **STRENGTH & CONDITIONING**

Improve strength, range of motion, flexibility, balance and eye/hand coordination. **Tu/Th/Sa 9:00 am -10:00 am**

**BARRE BODY** Graceful head-to-toe strength and toning that follows

elements of ballet and fundamentals of Pilates. Improves balance and posture.

**M/TH 5:30 - 6:30 pm**

**BEGINNING BARRE** This class combines ballet conditioning, Pilates, and Yoga to help strengthen, lengthen and tone your muscles. Class focuses on alignment and core strength. Improves balance, coordination, and posture.

**F 10:00-11:00 am**

#### **BARRE STRENGTH & STRETCH**

Slower-paced fitness-style class incorporating yoga/Pilates poses adapted for greater ease and comfort of the joints. Bands, barre, balls, mats and light hand weights may be used as we strengthen and stretch. **W 3:30 - 4:30 pm**

**FUNCTIONAL FUSION** Combines Pilates, ballet barre, yoga, functional conditioning and circuit training, preparing you to excel in all kinds of exercise by improving strength, balance, endurance and flexibility. It's the full body workout!! **W 8:45-9:45 am**

#### **STRENGTH, TONE & MIGHTIER**

**BONE** Strength and weight training with flexibility and resistance exercises for muscle mass and endurance. Designed to assist those with Osteoporosis.

**M/W/F 11:30 am - 12:30 pm**

#### **STRENGTH & STRETCH**

Start your day out right with proper techniques of strength training and stretching. Using a variety of equipment such as bands, weighted balls, weights and body weight. Sustained stretching will be woven throughout the class.

**M/T/W/TH 7:40-8:30 am**

#### **STRETCH & RELAX**

Gentle stretching to relieve tension, increase flexibility and improve range of motion. Take time to relax, it feels great!

**F 12:45-1:45 PM**

### Yoga & Pilates :

**YOGA FUNDAMENTALS** Designed to help new students feel more comfortable in their yoga practice or for the more experienced wanting assistance with position and alignment.

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

**YOGA FLOW** This class will be focused on mindful, fluid movement guided by the breath. Includes longer held stretches to release tension. **T 4:30-5:30 pm**

#### **RESTORATIVE FLOW YOGA**

Begins with a slow Vinyasa Flow, then moves into a passive restorative practice.

**F 8:45-9:45 am**

**SEATED YOGA** Practice is done seated in chairs or on a mat; using modifications for each pose. **Tu/Th 11:30 am - 12:30 pm**

**HATHA YOGA** Increase energy, flexibility, strength and stamina while toning and conditioning. Reduces stress and relaxes muscles. For beginner and intermediate levels.

**M/TH 4:30 - 5:30 pm**

**MAT PILATES** All levels welcome. Designed to strengthen and challenge the core as well as increase proper posture and flexibility.

**M 4:00 - 5:00 pm**

**YOGA PILATES** Techniques and benefits of yoga and Pilates to increase flexibility, balance and core strength. **Sa 10:30 - 11:30 am**

### Tai Chi :

**8 MOVEMENT TAI CHI** Slow, circular movements to gently exercise muscles and improve range of motion. Relies on internal awareness to generate a feeling of overall health and vitality.

**M 2:00 - 3:00 pm**

**24 MOVEMENT TAI CHI** Further your practice of Tai Chi to improve balance, movement, vitality and well-being.

**Tu 9:30-10:30am F 8:30 - 9:30 am**

#### **8/24 MOVEMENT TAI CHI**

This class is designed for those that want to build on the 8 Movement form of Tai Chi as a bridge to 24 Movement. Both formats are stressed. **W 2:00 - 3:00 pm**

#### **QIGONG**

Want better health, increased vitality? Qigong is an ancient Chinese exercise that increases and stimulates energy in the body. The eight movements of this qigong are repeated slowly making it easy learn and practice. Come find out why this is so popular in China!

**T 3:30 - 4:30 pm**

### Therapeutic & Specialized :

**FUNCTIONAL FITNESS** Use of bands, straps, weights, etc. Work on flexibility, balance and core strength to improve the activities in your life.

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

#### **MOVING TO MUSIC : AN ARTHRITIS EXERCISE PROGRAM**

A lively, fun, chair exercise with an upbeat, varied music to help you move more freely and without pain. Led by a certified arthritis instructor.

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

#### **PERSONALIZED CIRCUIT TRAINING**

Individualized to fit your goals. Includes warmup, exercises for strength, flexibility, balance and cool down..

**M/W 12:45 - 1:45 pm**