



Fall Kickoff October 8-14

Free Fitness & Specialty Classes

Get connected, stay engaged, be inspired!



play for life

Fall Fitness & Fun at JSFC & Bend Senior Center –FREE!

Day	Date	Time	Event	Instructor/Location
CARDIO				
Sun	Oct 8	10:45-12:00 pm	Cardio Dance 101/Zumba	Challey/Group Ex Studio
Mon	Oct 9	4:10-5:20 pm	Cardio Dance 101/Bliss	Tami/Group Ex Studio
Mon	Oct 9	4:30-5:30 pm	Zumba 101	Challey/Bend Senior Center
Tues	Oct 10	5:30-6:30 pm	Bliss Dance Workout	Emily/Bend Senior Center
Wed	Oct 11	4:30-5:30 pm	Zumba	Challey/Bend Senior Center
Thurs	Oct 12	10:25-11:25 am	Nia Dance	Libby/Group Ex Studio
Fri	Oct 13	4:30-5:45 pm	Bliss Dance Party	Bliss Team/Group Ex Studio
FIT KIDS				
Mon	Oct 9	4:10-5:20 pm	Fit Kids Creative Play	Natalie/Pilates Studio
INDOOR CYCLING				
Tues	Oct 10	11:35-12:00 pm	Cycle 101	Michelle/Indoor Cycling Studio
Thurs	Oct 12	10:30-11:45 am	Baby & Me Cycle (Parents and babies only please)	Andy/Cycle Studio
MIND & BODY				
Mon	Oct 9	6:45-7:40 am	PiYo	Michelle/Pilates Studio
Mon	Oct 9	10:45-11:35 am	Baby & Me Yoga Core	Alexa/Pilates Studio
Mon	Oct 9	4:30-5:30 pm	Pilates Mat	Judi/Bend Senior Center
Mon	Oct 9	4:30-5:30 pm	Hatha Yoga	Erin/Bend Senior Center
Mon	Oct 9	5:30-6:30 pm	Barre-Less Total Body Workout	Rae/Bend Senior Center
Tues	Oct 10	4:30-5:30 pm	Yoga Flow	Erin/Bend Senior Center
Wed	Oct 11	11:00-11:45 am	Yoga 101	Carolyn/Pilates Studio
Wed	Oct 11	4:30-5:30 pm	Pilates Mat	Judi/Bend Senior Center
Wed	Oct 11	5:25-6:25 pm	Ashtanga Yoga	Santiago/Yoga Studio
Wed	Oct 11	5:30-5:30 pm	Yoga 101	Brett/Bend Senior Center
Wed	Oct 11	6:30-7:40 pm	Kundalini Yoga	Santiago/Yoga Studio
Wed	Oct 11	7:45- 8:00 pm	Gong Meditation	Santiago/Yoga Studio
Thurs	Oct 12	4:20-5:20 pm	Kundalini Yoga	Tanja/Yoga Studio
Thurs	Oct 12	4:30-5:30 pm	Hatha Yoga	Staff/Bend Senior Center
Thurs	Oct 12	5:30-6:30 pm	Barre-Less Total Body Workout	Rae/Bend Senior Center
Fri	Oct 13	1:30-2:15 pm	Yoga 101	Laura/Yoga Studio
Sat	Oct 14	11:00-12:00 pm	Yoga 101	Brett/Yoga Studio
STRENGTH & CONDITIONING				
Tues	Oct 10	9:15-10:25 am	Circuit Training 101	Alli/Fitness Center
Tues	Oct 10	5:30-6:25 pm	TB- Winter Conditioning	Julie/Group Ex Studio
Wed	Oct 11	8:15-9:00 am	Foam Roller Core/Strength	Lynette/Pilates Studio
Thurs	Oct 12	12:35-1:10 pm	TB- Winter Conditioning	Michelle E/Group Ex Studio
WATER FITNESS				
Sun	Oct 8	9:00-10:15 am	Water 101/Water Variety Deep/Shallow	Martha/Indoor Pool
Mon	Oct 9	7:00-7:50 pm	Aqua Fit & Fun	Rae/Indoor Pool
Wed	Oct 11	1:15-2:30 pm	Fluid Running 101/Fluid Running	Robert/50 Meter Pool
Wed	Oct 11	2:00-3:00 pm	Mobility through Water	Rae/Indoor Pool
Wed	Oct 11	5:15-6:30 pm	Water Running 101/Deep Water Running	Cherie/Indoor Pool
Thurs	Oct 12	12:15-1:00 pm	Aqua Zumba 101	Monica/Indoor Pool
Sat	Oct 14	10:30-11:30 am	The Juniper Liquid 10 K	Natalia/50 meter pool

CLASS DESCRIPTIONS

Ask A Physical Therapist: Wednesday, October 11th 5:00-6:00 p.m.

Mini consultations provided by Compass PT. Call to schedule your appointment at (541)728-0974.

Ashtanga Yoga

Learn the classical sequence of Asanas (poses).

Aqua Fit & Fun

Wow! This class has motivating music and is a total body work out. Takes place in the shallow end of the pool only. All levels welcome. Just come and have fun moving and grooving.

Baby & Me Yoga Core

Journey back into shape with baby at your side. Make new connections and build friendships. Babies are welcome from 6 weeks until they begin walking.

Barre-Less Total Body Workout

Take your Barre experience to a new level. This Ballet and Pilates influenced class offers efficient head to toe strength and toning for a long lean body without wasting a minute. Focus on balance and posture.

Baby & Me Cycle

New moms and dads, bring baby and get back in shape while connecting with other parents. Baby can sit in a car seat, stroller, blanket, or other bouncy-type seat, while you ride. They are welcome from 6 weeks to crawling.

Bliss Dance Party

Join the Bliss Dance Team for Phenomenal Fun, Serious Sweat! A super fun dance workout that fuses all dance genres in one class! Groove to hip hop, jazz, Latin and modern music.

Fitness Center Orientation

Designed to give you the basic skills to use the cardio and strength equipment safely and effectively. See Strength & Conditioning and Bend Senior Center Fitness Schedule for offerings.

Foam Roller Core/Strength

A foam roller class for the hips, legs and back. Bring your own 36 x 6 foam roller if possible. The class will cover core strengthening exercises as well as basic massage techniques. Not recommended for individuals with chronic neck or shoulder pain.

Gong Meditation

Be present in sound healing as you receive a Gong bath.

Hatha Yoga

Increase energy, flexibility, strength, and stamina while toning and conditioning. Reduces stress and relaxes muscles.

Kundalini Yoga

The Yoga of awareness, yoga of consciousness. Through the use of Prana (the Breath of Fire) and chanting we discover our voice and deepen our personal practice.

Mobility through Water

Consists of a series of gentle exercises which focus on improving strength, flexibility, balance, range of motion, and cardiovascular fitness. Friendly, supportive environment. Increase your self esteem, socialization, and emotional well-being. People who exercise regularly look and feel better. Designed by the Arthritis Foundation, this is a great program for people with arthritis and chronic conditions.

Nia Dance

A total body class incorporating cardio movement, Jazz, Modern Dance, Yoga, Tai Chi and Tae Kwon Do.

Nordic Walking : Thursday, October 12th 10:15- 11:00 a.m.

Walk with Poles! Take pressure off your joints as you engage your core, improve posture and burn 30% more calories than walking alone. A limited number of poles available. Participants are encouraged to bring their own.

Pilates Mat

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

PiYo

Class focuses on agility, dance conditioning, athletic training, core conditioning, balance, flexibility, and so much more. This user-friendly mind/body class is for all fitness levels and incorporates a variety of fun, upbeat music - don't miss it!

Yoga Flow

This class will be focused on mindful, fluid movement guided by the breath. Includes longer held stretches to release tension.

The Liquid 10k: Water Running

Push your limit at race pace or take a more leisurely run IN THE POOL! Motivating music, a cowbell or two, and a poolside aid station await. Your instructor navigates the course, which has a few surprises along the way to keep the energy high and the legs moving strong. Treats and a pat on the back are your reward as we all cross the finish line together!

Water Variety Deep/Shallow

A combination of cardio and water resistance training as you travel between deep and shallow water.

YOUTH/TEEN CLASSES/FAMILY NIGHT

Family Night : Saturday, October 14th 6:30-8:30 p.m.

Elevate your family get-together to a whole new level of fun! Join in to combine fitness and fun. Fitness games, bedtime yoga, games in the pool- Let's Play! FREE and FUN!

Fit Kids Creative Play

This unique fitness class blends a little bit of rhythm, dance, imagination, body education and a whole lot of fun!

101 CLASSES

Just beginning a fitness routine? Get started with a 101 class designed to take you through the basics and ready to take the class.

Aqua Zumba 101

Come give Aqua Zumba a try. Wow! This fun cardio dance class, with Latin vibe, takes place in the shallow end of the pool.

Cardio Dance 101

Come learn the basic steps of bliss and Zumba and see what these fun, dance crazes, are all about.

Circuit Training 101

Learn new ways to use the equipment in the fitness center with this coached workout. Circuit stations will get your whole body fit!

Cycle 101

Receive a personalized Kaiser indoor cycle set up.

Fluid Running 101

An introduction to the no-frills, moderate to high intensity running workout, "Fluid Running", where you're tethered to a lane line so you can experience dynamic resistance. Note: not recommended for our prenatal students. Required for all students new to fluid running.

Water Running 101

A 15 minute on deck introduction to water running. Get fit with the correct belt as you learn how to use, stabilize, and integrate your core.

Water 101

Get Ready, Set and Jump in to Water Exercise. Our professional instructors will orientate you so you can enjoy this safe and effective workout.

Zumba 101

We will break down the Zumba steps and work on them one at a time. This class is designed for a slower pace and attention is given to each individual step so that you feel confident and boost your skill set.

Yoga 101

Learn to do foundational yoga poses correctly and safely with an emphasis on 1) anatomically informed alignment principles, 2) proper muscle action, 3) breathing technique, and 4) a meditative present moment awareness. Beginning, intermediate and advanced students will all benefit from this teaching.

Please check with your physician before beginning.