



Winter Kickoff ~ January 8 -12

Get connected, stay engaged, be inspired!

FREE! Winter Fitness Classes at

Bend Senior Center

play for life



Day	Date	Time	Event	Instructor/Location
CARDIO				
Mon	Jan 8	4:30-5:30 pm	Zumba 101	Challey/Bend Senior Center
Tues	Jan 9	5:30-6:30 pm	Bliss Dance Workout	Emily/Bend Senior Center
Wed	Jan 10	5:30-6:30 pm	Nia Dance	Martha/Bend Senior Center
Wed	Jan 10	4:30-5:30 pm	Zumba	Challey/Bend Senior Center
MIND & BODY				
Mon	Jan 8	4:30-5:30 pm	Pilates Mat	Judi/Bend Senior Center
Mon	Jan 8	4:30-5:30 pm	Hatha Yoga	Laura D./Bend Senior Center
Mon	Jan 8	5:30-6:30 pm	Barre Total Body	Rae/Bend Senior Center
Tues	Jan 9	8:30-9:30 am	Qigong	Chris M./Bend Senior Center
Tues	Jan 9	9:35 -10:35 am	Tai Chi 24 Movement	Dave Z./Bend Senior Center
Tues	Jan 9	4:30-5:30 pm	Yoga Flow	Erin/Bend Senior Center
Wed	Jan 10	4:30-5:30 pm	Pilates Mat	Judi/Bend Senior Center
Wed	Jan 10	5:30-6:30 pm	Yoga 101	Janessa/Bend Senior Center
Thurs	Jan 11	4:30-5:30 pm	Hatha Yoga	Erin/Bend Senior Center
Thurs	Jan 11	5:30-6:30 pm	Barre Total Body	Rae/Bend Senior Center
Fri	Jan 12	8:30-9:30 am	Tai Chi 24 Movement	Dave Z./Bend Senior Center
STRENGTH & CONDITIONING				
Mon	Jan 8	8:00-10:00 am	Fitness Center Orientation	BSC Fitness Center
Mon	Jan 8	12:45-1:45 pm	Group Circuit Training	Staff/Bend Senior Center
Wed	Jan 10	12:45-1:45 pm	Group Circuit Training	Judi/Bend Senior Center
Thurs	Jan 11	7:45-8:45 am	Strength Tone & Mightier Bone	Janessa/Bend Senior Center
Fri	Jan 12	8:00-10:00 am	Fitness Center Orientation	BSC Fitness Center

CLASS DESCRIPTIONS

Cardio

Barre Total Body

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.

Bliss Dance Workout

Phenomenal fun, serious sweat! A dance workout that fuses all dance genres in one class! Groove to hip hop, jazz, Latin, modern, lyrical, Middle Eastern and more.

Nia Dance

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

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.

Zumba

A dance-fitness class that incorporates Latin and International music. Fun and easy to follow, this class is for dancers as well as non-dancers!

Strength & Conditioning

Fitness Center Orientation

Designed to give you the basic skills to use the cardio and strength equipment safely and effectively.

Group Circuit Training

Conducted in a group setting. Includes warmup, exercises for strength, flexibility, balance and cool down.

Strength Tone & Mightier Bone

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

Mind Body

Pilates Mat

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

Tai Chi 24 Movement

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. Further your practice of Tai Chi to improve balance, movement, vitality and well-being.

Qigong

Slow, repetitive spiral movements utilizing the entire body. The function of silk reeling energy is to unify the body and connect the energy throughout the body, which makes it strong, fluid and accessible.

Yoga Flow

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

Hatha Yoga

Increase energy, flexibility, strength and stamina while focusing on alignment. Reduces stress and relaxes muscles.

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.