Juniper Swim & Fitness Center
Fitness Schedule
November 1 - 30

Class Size Limits: TRX Circuit: (18), F.I.T, TB Strength & Core & Core Strength Cardio Challenge (34), Cycle (24), Fitness Center Circuit (28). * Sign-up available 30 minutes before class time *

Childcare Available | New Class | ! Class Time Change

	MON	TUES	WED	THURS	FRI	SAT	SUN
25m Indoor Pool	6:10-7:00 AM Deep/Shallow		6:10-7:00 AM Deep/Shallow		6:10-7:00 AM Deep/Shallow		
25m Indoor Pool	7:15-8:05 AM Deep/Shallow		7:15-8:05 AM Deep/Shallow		7:15-8:05 AM Deep/Shallow		
25m Indoor Pool		8:30-9:20 AM Deep/Shallow		8:30-9:20 AM Deep/Shallow		8:10-9:00 AM Deep/Shallow	
25m Indoor Pool		9:30-10:20 AM Therapeutic Water Exercise		9:30-10:20 AM Therapeutic Water Exercise		9:10-10:00 AM Deep/Shallow	
25m Indoor Pool	10:30-11:20 AM Deep/Shallow		10:30-11:20 AM Deep/Shallow		10:30-11:20 AM Deep/Shallow		
Olympic Pool		1:30-2:20 PM Deep Water Running		1:30-2:20 PM Deep Water Running			
25m Indoor Pool	5:30-6:20 PM Deep Water Workout						
Group Ex Studio	5:45-6:45 AM F.I.T		5:45-6:45 AM F.I.T		5:45-6:45 AM TB Strength & Core		
Cycle Studio		5:45-6:45 AM Cycle		5:45-6:45 AM Cycle			
Cycle Studio			7:15-8:00 AM Express Cycle		7:15-8:00 AM Express Cycle		
Cycle Studio	7:45-8:45 AM Cycle	7:45-8:45 AM Cycle		7:45-8:45 AM Cycle		8:15-9:15 AM Cycle	
Mind Body Studio		7:30-8:30 AM Vinyasa All Lvls		7:30-8:30 AM Vinyasa All Lvls			
Mind Body Studio	8:00-9:00 AM Pilates Mat		8:00-9:00 AM Pilates Mat			8:15-9:15 AM Vinyasa All Lvls	8:15-9:15 AM Vinyasa All Lvls
Group Ex Studio	8:15-8:45 AM TB Strength & Core Express	8:15-8:45 AM TB Strength & Core Express	8:15-8:45 AM TB Strength & Core Express	8:15-8:45 AM TB Strength & Core Express	8:15-8:45 AM TB Strength & Core Express		
Pilates Studio		9:05-10:05 AM Barre	9:05-10:05 AM Barre	9:05-10:05 AM Barre	9:05-10:05 AM Barre		
Group Ex Studio	* 9:05-10:05 AM F.I.T.	9:05-10:05 AM Cardio Kickboxing	* 9:05-10:05 AM F.I.T.	9:05-10:05 AM Cardio Kickboxing	* 9:05-10:05 AM Core/Strength/ Cardio Challenge	9:00-10:00 AM * TB Strength & Core	9:00-10:00 AM Core/Strength/ Cardio Challenge
Key	**Water**	**Cardio**	**Strength**	**Mind Body**	**Cycle**		

Juniper Swim & Fitness 800 NE 6th Street Ph. 541-389-7665 Website: bendparksandrec.org
Facility Hours M-Th: 5:30 am - 9:00 pm · F: 5:30 am - 7:30 pm · Sa 8:00 am - 6:00 pm · Su 8:00 am - 6:00 pm

Class Size Limits: TRX Circuit: (18), F.I.T, TB Strength & Core & Core Strength Cardio Challenge (34), Cycle (24), Fitness Center Circuit (28). * Sign-up available 30 minutes before class time *

Childcare Available | New Class | ! Class Time Change

	MON	TUES	WED	THURS	FRI	SAT	SUN
Mind Body Studio	9:15-10:15 AM Vinyasa 2/3	9:15-10:15 AM Vinyasa All Lvls	9:15-10:15 AM Vinyasa 2/3	9:15-10:15 AM Vinyasa All Lvls	9:15-10:15 AM Vinyasa 2/3	9:45-10:55 AM Restorative Yoga	9:45-10:55 AM Restorative Yoga
Cycle Studio	* 9:15-10:15 AM Cycle	9:15-10:15 AM * Cycle	* 9:15-10:15 AM Cycle	9:15-10:15 AM * Cycle	* 9:15-10:15 AM Cycle		
Cycle Studio						9:45-11:00 AM Extended Cycle	
Fitness Center	* 10:30-11:30 AM Fitness Center Circuit		* 10:30-11:30 AM Fitness Center Circuit				
Mind Body Studio	10:30 -11:30 AM Restorative Flow	10:30 -11:30 AM Restorative Flow	10:30 -11:30 AM Restorative Flow	10:30 -11:30 AM Restorative Flow	10:30 -11:30 AM Restorative Flow		
Group Ex Studio		10:30-11:30 AM Bliss Dance		10:30-11:30 AM Bliss Dance	10:30-11:30 AM Bliss Dance		
Pilates Studio		10:30-11:30 AM Baby & Me Yoga Fitness Fusion					
Group Ex Studio	* 11:00-12:00 PM TRX		* 11:00-12:00 PM TRX				
Mind Body Studio	12:00-12:45 PM Gentle Flow	12:00-12:45 PM Vinyasa All Lvls	12:00-12:45 PM Gentle Flow	12:00-12:45 PM Vinyasa All Lvls	12:00-12:45 PM Gentle Flow		
Mind Body Studio	1:00-2:00 PM Restorative Yoga		1:00-2:00 PM Restorative Yoga		1:00-2:00 PM Restorative Yoga		
Group Ex Studio		3:30-4:30 PM Every Body Moves		3:30-4:30 PM Every Body Moves			
Pilates Studio		4:15-5:15 PM Pilates Fusion		4:15-5:15 PM Pilates Fusion			
Mind Body Studio	4:30-5:30 PM Vinyasa 2/3	4:30-5:30 PM Gentle Flow	4:30-5:45 PM Vinyasa All Lvls w/Soundbath	4:30-5:30 PM Gentle Flow			4:30-5:30 PM Yin Yoga
Cycle Studio		5:30-6:30 PM Cycle	5:30-6:30 PM Cycle	5:30-6:30 PM Cycle			
Group Ex Studio	5:30-6:30 PM F.I.T.	5:30-6:30 PM Bliss Hip Hop	5:30-6:30 PM Classic Step	5:30-6:30 PM Bliss Hip Hop			
Pilates Studio		5:30-6:30 PM Vinyasa All Lvls		5:30-6:30 PM Vinyasa All Lvls			
Mind Body Studio	5:45-6:45 PM Restorative Flow	5:45-6:45 PM Prenatal Yoga	6:00 - 7:15 PM Slow Yoga w/Soundbath	5:45-6:45 PM Prenatal Yoga			
Group Ex Studio	6:45-7:45 PM Zumba in Spanish		6:45-7:45 PM Zumba in Spanish				
Key	**Water**	**Cardio**	**Strength**	**Mind Body**	**Cycle**		

SCAN QR Code for Full Group Exercise Schedule including instructor details.

Childcare Available!

For ages 6 months - 6 years
T: 8:00 - 11:45 am
Th: 8:00 - 11:45 am
Sa: 8:00 - 11:00 am

For ages 2 years to 8 years
M: 4:00 - 7:00 pm
T: 5:15 - 7:00 pm
W: 4:00 - 7:00 pm
Th: 5:15 - 7:00 pm

Childcare is available first-come, first-served on a drop-in basis with no registration or reservations needed. Pay a single visit fee or save 15% with a multi-visit pass available online or at the front desk. To check on day-of space availability, call 541-389-7275.