



# Juniper Swim & Fitness Center

## Summer Water Schedule

### June 15 - June 30

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	<b>!</b> 7:10-8:00 AM Deep/Shallow		<b>!</b> 7:10-8:00 AM Deep/Shallow		<b>!</b> 7:10-8:00 AM Deep/Shallow		
25m Indoor Pool						8:10-9:00 AM Deep/Shallow	
25m Indoor Pool		★ 10:35-11:25 AM Deep/Shallow Toning		★ 10:35-11:25 AM Deep/Shallow Toning		9:10-10:00 AM Deep/Shallow	
25m Indoor Pool	<b>!</b> 10:35-11:25 AM Deep/Shallow		<b>!</b> 10:35-11:25 AM Deep/Shallow		<b>!</b> 10:35-11:25 AM Deep/Shallow		
Olympic Pool	★ 1:30-2:20 PM Deep Water Workout	1:30-2:20 PM Deep Water Running	★ 1:30-2:20 PM Deep Water Workout	1:30-2:20 PM Deep Water Running			
25m Indoor Pool	5:30-6:20 PM Deep Water Workout					★ New Class <b>!</b> Class Time Change	

Juniper Swim & Fitness 800 NE 6th Street Ph. 541-389-7665 Website: [bendparksandrec.org](http://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



# Juniper Swim & Fitness Center Fitness Land-based Schedule June 15 - June 30

Please be aware of the the following Class Size Limits: TRX Circuit: (18), F.I.T, TB Strength & Core & Core Strength Cardio Challenge (34), Cycle (24), Fitness Center Circuit (26). **Sign-up available 30 minutes before class time\***

	MON	TUES	WED	THURS	FRI	SAT	SUN
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	7:45-8:45 AM Cycle	7:45-8:45 AM Cycle		7:45-8:45 AM Cycle		8:15-9:15 AM Cycle	
Mind Body Studio	8:00-9:00 AM Pilates Mat		8:00-9:00 AM Pilates Mat			8:15-9:15 AM Vinyasa All Lvl	8:15-9:15 AM Vinyasa All Lvl
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		
Group Ex Studio	* 9:05-10:05 AM F.I.T.		* 9:05-10:05 AM F.I.T.		* 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
Mind Body Studio	9:15-10:15 AM Vinyasa 2/3	9:15-10:15 AM Vinyasa All Lvl	9:15-10:15 AM Vinyasa 2/3	9:15-10:15 AM Vinyasa All Lvl	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		
Pilates Studio	9:05-10:05 AM Beginning Barre	9:05-10:05 AM Barre	9:05-10:05 AM Barre	9:05-10:05 AM Barre	9:05-10:05 AM Barre		
Fitness Center	* 10:30-11:30 AM Fitness Center Circuit	10:00-11:00 AM Fitness Center Orientation	* 10:30-11:30 AM Fitness Center Circuit				
Fitness Center		11:00-12:00 PM Fitness Center Orientation					
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				
<b>Key</b>	<b>Water</b>	<b>Cardio</b>	<b>Strength</b>	<b>Mind Body</b>	<b>Cycle</b>	<b>New class</b>	<b>Time Change</b>

Class Size Limits: TRX Circuit: (18), F.I.T, TB Strength & Core & Core Strength Cardio Challenge (34),  
 Cycle (24), Fitness Center Circuit (26) \* Sign-up available 30 minutes before class time\*

	MON	TUES	WED	THURS	FRI	SAT	SUN
Mind Body Studio	12:00-1:00 PM Gentle Flow	12:00-1:00 PM Vinyasa All Lvl's	12:00-1:00 PM Gentle Flow	12:00-1:00 PM Vinyasa All Lvl's	12:00-1:00 PM Gentle Flow		
Fitness Center				12:30-1:15 PM Teen Fitness Center Orientation			
Fitness Center				1:30-2:15 PM Teen Fitness Center Circuit			
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 Lvl's w/Soundbath	4:30-5:30 PM Gentle Flow			4:30-5:30 PM Yin Yoga
Cycle Studio		5:30-6:30 PM Cycle					
Group Ex Studio	* 5:30-6:30 PM TB Strength & Core	5:30-6:30 PM Bliss Hip Hop	* 5:30-6:30 PM TB Strength & Core				
Pilates Studio		5:30-6:30 PM Vinyasa All Lvl's		5:30-6:30 PM Vinyasa All Lvl's			
Mind Body Studio	5:45-6:45 PM Restorative Flow	5:45-6:45 PM Prenatal Yoga	6:00-7:15 PM GentleYoga4 Mindfulness 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				
<b>Key</b>	<b>Water</b>	<b>Cardio</b>	<b>Strength</b>	<b>Mind Body</b>	<b>Cycle</b>	 <b>New class</b>	 <b>Time Change</b>

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

