



# Larkspur Community Center

## "Home of Bend Senior Center"

### Fitness Schedule April 1 - 30

Class Size Maximums: Better Brains (20), Cardio & Current Channel (24), Fitness Center Circuit Tu/Thurs(28), Cardio Drumming (25). \* Signup available 30 minutes before class time.  
**VC** = Class also available virtually. Sign up for virtual classes online at [register.bendparksandrec.org](http://register.bendparksandrec.org).

	MON	TUES	WED	THURS	FRI	SAT	SUN
Current Channel	* 7:00-7:50 AM Current Channel		* 7:00-7:50 AM Current Channel				
Lifestyle Pool		7:00-7:50 AM D/S Toning		7:00-7:50 AM D/S Toning			
Lifestyle Pool	8:00-8:50 AM Mobility Thru Water	8:00-8:50 AM Mobility Thru Water	8:00-8:50 AM Mobility Thru Water	8:00-8:50 AM Mobility Thru Water	8:00-8:50 AM Mobility Thru Water		
Current Channel	* 9:00-9:50 AM <b>Cardio</b> Current	* 9:00-9:50 AM Current Channel	* 9:00-9:50 AM <b>Cardio</b> Current	* 9:00-9:50 AM Current Channel	* 9:00-9:50 AM <b>Cardio</b> Current	* 9:00-9:50 AM <b>Cardio</b> Current	
Lifestyle Pool	10:00-10:50 AM Mobility Thru Water		10:00-10:50 AM Mobility Thru Water		10:00-10:50 AM Mobility Thru Water	10:00-10:50 AM Mobility Thru Water	
Lifestyle Pool	11:00-11:50 AM Deep/Shallow	11:00-11:50 AM Warm Water Wellbeing	11:00-11:50 AM Deep/Shallow	11:00-11:50 AM Warm Water Wellbeing	11:00-11:50 AM Deep/Shallow		
Current Channel	* 12:00-12:50 PM Current Channel	* 12:00-12:50 PM <b>Cardio</b> Current	* 12:00-12:50 PM Current Channel	* 12:00-12:50 PM <b>Cardio</b> Current	* 12:00-12:50 PM Current Channel		
Lifestyle Pool	1:00-1:50 PM Deep/Shallow	1:00-1:50 PM Mobility Thru Water	1:00-1:50 PM Deep/Shallow	1:00-1:50 PM Mobility Thru Water	1:00-1:50 PM Deep/Shallow		
Lifestyle Pool	2:00-2:50 PM Warm Water Wellbeing		2:00-2:50 AM Warm Water Wellbeing				
Current Channel		* 2:00-2:50PM Current Channel		* 2:00-2:50PM Current Channel			
Current Channel		* 5:40-6:30 PM <b>Cardio</b> Current		* 5:40-6:30 PM <b>Cardio</b> Current			
Community Room		7:00-8:00 AM TB Strength & Core		7:00-8:00 AM TB Strength & Core			
Group Ex Room	7:15-8:15 AM Stretch & Strength	7:45-8:45 AM Cardio Dance	7:15-8:15 AM Stretch & Strength	7:45-8:45 AM Cardio Dance	7:15-8:15 AM Stretch & Strength	8:30-9:30 AM Strength Tone & Mightier Bone	
Community Room	8:30-9:30 AM <b>VC</b> Strength Tone & Mightier Bone	8:30-9:30 AM <b>VC</b> TB Strength & Core	8:30-9:30 AM <b>VC</b> Strength Tone & Mightier Bone	8:30-9:30 AM <b>VC</b> TB Strength & Core	8:30-9:30 AM <b>VC</b> Strength Tone & Mightier Bone	9:00-10:15 AM <b>VC</b> F.I.T.	9:15-10:15 AM <b>VC</b> TB Strength & Core
Group Ex Room		9:00-9:50 AM Strength & Condition		9:00-9:50 AM Strength & Condition			
Multi-purpose Room		9:40-10:30 AM Senior Fit Club	9:40-10:30 AM Senior Fit Club	9:40-10:30 AM Senior Fit Club			
Group Ex Room	10:00-10:50 AM Functional Fitness		10:00-10:50 AM Functional Fitness				
Fitness Center		* 10:00-11:00 AM Fitness Ctr.Circuit		* 10:00-11:00 AM Fitness Ctr.Circuit			
Classroom A	10:00-10:50 AM Indoor Cardio Walking		10:00-10:50 AM Indoor Cardio Walking		10:00-10:50 AM Indoor Cardio Walking		
Key	Water	Cardio	Strength	Mind Body	New Class	! Time Change	*Sign-up available 30 min before class time

Class Size Maximums: Better Brains (20), Cardio & Current Channel (24), Fitness Center Circuit Tu/Thurs(28), Cardio Drumming (25). \* Signup available 30 minutes before class time. VC = Class also available virtually. Sign up for virtual classes online at register.bendparksandrec.org.

	MON	TUES	WED	THURS	FRI	SAT	SUN
Community Room		10:10-11:10 AM VC Core/Strength/ Cardio Challenge		10:10-11:10 AM VC Core/Strength/ Cardio Challenge			
Mind Body			10:15-11:15 AM Yoga Basics		10:15-11:15 AM Yoga Basics	10:15-11:15 AM Yoga Pilates	
Mind Body	10:45-11:45 AM Yoga Basics	10:30-11:30 AM Yoga Pilates		10:30-11:30 AM Beginning Barre			10:20-11:30 AM Restorative Yoga
Community Room	10:30-11:30 AM VC Zumba		10:30-11:30 AM VC Zumba		10:30-11:30 AM VC Zumba	10:30-11:30 AM VC Zumba	10:30-11:30 AM Zumba
Group Ex Room		* 10:30-11:30 AM Cardio Drumming		* 10:30-11:30 AM Cardio Drumming			
Mind Body	11:30 AM-12:30 PM Chair Yoga (Classroom A)		11:30-12:30 AM Chair Yoga		11:30-12:30 AM Chair Gentle Stretch		12:00-1:00 PM Roll & Release
Community Room	12:00-1:10 PM VC Restorative Yoga	12:00-1:10 PM VC Restorative Yoga	12:00-1:10 PM VC Restorative Yoga	12:00-1:10 PM VC Restorative Yoga	12:00-1:10 PM VC Restorative Yoga		
Group Ex Room	12:10-1:10 PM Fitness Variety		12:10-1:10 PM Fitness Variety		12:10-1:00 PM Neuro Fit		
Mind Body		1:45-2:45 PM Better Brains		1:45-2:45 PM Better Brains			
Group Ex Room			2:00-2:45 PM Cardio Drumming Express				
Community Room	2:00-3:00 PM Tai Chi for 8/24	2:00-3:00 PM Qigong	2:00-3:00 PM Tai Chi for 8/24		2:00-3:00 PM Chen Style Tai Chi		
Community Room	3:15-4:15 PM VC Pilates Mat	3:30-4:30 PM VC Strength Tone & Mightier Bone	3:15-4:15 PM VC Pilates Mat	3:30-4:30 PM VC Strength Tone & Mightier Bone			
Mind Body		3:15-4:15 PM Gentle Yoga for Mindfulness		3:15-4:15 PM Gentle Yoga for Mindfulness			
Group Ex Room		3:30-4:30 PM Advanced Tai Chi					
Mind Body		4:30-5:30 PM Yin Yoga		4:30-5:30 PM Yin & Yoga Nidra			
Group Ex Room	4:30-5:30 PM Bliss Dance		4:30-5:30 PM Bliss Dance				
Mind Body	5:30-6:30 PM Gentle Flow		5:30-6:30 PM Gentle Flow				
Group Ex Room			6:00-7:00 PM Cardio Drumming				
Group Ex Room		6:45-7:45 PM Family Zumba in Spanish		6:45-7:45 PM Yoga in Spanish			
<b>Key</b>	<b>Water</b>	<b>Cardio</b>	<b>Strength</b>	<b>Mind Body</b>	 <b>New Class</b>	<b>! Time Change</b>	<b>*Sign-up available 30 min before class time</b>

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

