Larkspur Community Center

"Home of Bend Senior Center"

Fitness Schedule November 1-30

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

New Class | ! Class Time Change | VC = Class also available virtually.

	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 Water Workout		7:00-7:50 AM D/S Water Workout			
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 **Cardio** Current	* 9:00-9:50 AM Current Channel	* 9:00-9:50 AM **Cardio** Current	* 9:00-9:50 AM Current Channel	* 9:00-9:50 AM **Cardio** Current	* 9:00-9:50 AM **Cardio** 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 **Cardio** Current	* 12:00-12:50 PM Current Channel	* 12:00-12:50 PM **Cardio** 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 PM Warm Water Wellbeing				
Current Channel		* 2:00-2:50PM Current Channel		* 2:00-2:50PM Current Channel			
Current Channel		* 5:40-6:30 PM **Cardio** Current		* 5:40-6:30 PM **Cardio** 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 **VC** Strength Tone & Mightier Bone	8:30-9:30 AM **VC** TB Strength & Core	8:30-9:30 AM **VC** Strength Tone & Mightier Bone	8:30-9:30 AM **VC** TB Strength & Core	8:30-9:30 AM **VC** Strength Tone & Mightier Bone	9:00-10:15 AM **VC** F.I.T.	9:15-10:15 AM **VC** 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**			

Larkspur Community Center 1600 SE Reed Market Road Ph. 541-388-1133 Facility Hours: M-F: 6:00 am - 8:00 pm · Sa 8:00 am - 6:00 pm Sun: 9:00am - 4:00pm

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. Sign up for virtual classes online at register.bendparksandrec.org

New Class | ! Class Time Change | VC = Class also available virtually.

	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			
Community Room				11:15-11:45 AM Express Core			
Mind Body		10:30-11:30 AM Beginning Barre		10:30-11:30 AM Beginning Barre		10:15-11:15 AM Yoga Pilates	
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	10:45-11:45 AM Yoga Basics		10:15-11:15 AM Yoga Basics		10:15-11:15 AM Yoga Basics		10:20-11:30 AM Restorative Yoga
Mind Body	11:30 AM-12:30 PM Chair Yoga (Classroom A)		11:30-12:30 AM Chair Yoga	10:45-11:45 AM Better Brains (Classroom A)	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				
Mind Body				1:45-2:45 PM Better Brains			
Group Ex Room			2:00-3:00 PM Cardio Drumming				
Community Room	2:00-3:00 PM Tai Chi for 8/24 Movement		2:00-3:00 PM Tai Chi for 8/24 Movement		2:00-3:00 PM VC Cardio Drumming		
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		4:30-5:30 PM Yin Yoga		4:30-5:30 PM Yin Yoga			
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		6:45-7:45 PM Family Zumba in Spanish					
Community Room	5:30-6:30 PM VC TB Strength & Core		5:30-6:30 PM VC TB Strength & Core				
Key	**Water**	**Cardio**	**Strength**	**Mind Body**			

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