



Bend Senior Center  
1600 SE Reed Market Rd  
541-388-1133

# Bend Senior Center Weekly Fitness Schedule

**February 1-28, 2019**

Use your Bend Senior Center Pass or pay single visit fee

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning</b>	7:35-8:35 am Stretch & Strength <i>Lindy</i>	7:35-8:35 am Stretch & Strength <i>Lindy</i>	7:35-8:35 am Stretch & Strength <i>Lindy</i>	7:35-8:35 am Stretch & Strength <i>Lindy</i>	7:35-8:35 am Stretch & Strength <i>Rae</i>	
	8:00-10:00 am Fitness Center Orientation <i>Laura S.</i>	7:45-8:45 am Cardio Dance Fusion <i>Amber</i>	8:15-9:15 am Indoor Cardio Walking <i>Laura S.</i>		8:00-10:00 am Fitness Center Orientation <i>Laura S.</i>	
	8:45-9:45 am Strength, Tone & Mightier Bone <i>Barbara</i>	8:30-9:30 am Qigong <i>Chris</i>	8:30-9:30 am Nia <i>Libby</i>	8:45-9:45 am Beginning Barre <i>Rae</i>	8:30-9:30 am Tai Chi 24 Movement <i>Dave</i>	9:00 am-3:00 pm Fitness Room Open
	8:45-9:45 am Cardio Dance Fusion <i>Amber</i>	8:45-9:45 am Cardio Ball <i>Char</i>	8:45-9:45 am Balance Essentials <i>Char</i>	9:00-10:00 am Strength & Cond. <i>Dana</i>	8:45-9:45 am Restorative Yoga <i>Cinda</i>	9:00-10:00 am Strength & Cond. <i>Janessa</i>
	8:45-9:45 am Fitness Variety <i>Alli</i>	9:00-10:00 am Strength & Cond. <i>Dana</i>		9:00-10:00 am Zumba Gold <i>Amber</i>	8:45-9:45 am Fitness Variety <i>Lynley</i>	9:15-10:15 am Zumba Gold Staff Rotation
	10:00-11:00 am Zumba Gold <i>Char</i>	9:35-10:35 am Tai Chi 24 Movement <i>Dave</i>	10:00-11:00 am Zumba Gold <i>Char</i>	10:15-11:10 am Moving to Music <i>Rae</i>	10:00-11:00 am Indoor Cardio Walking <i>Laura S.</i>	
	10:15-11:10 am Moving to Music <i>Rae</i>	10:15-11:00 am Walk With Ease - Seated Exercises <i>Laura S.</i>	10:15-11:15 am Stand Tall- Don't Fall <i>Lindy</i> (registration class)	10:15-11:15 am Yoga Fundamentals <i>Janessa</i>	10:00-11:00 am Beginning Barre <i>Rae</i>	10:30-11:30 am Yoga & Pilates <i>Janessa</i>
	10:15-11:15 am Functional Fitness <i>Chris L.</i> (Class size limited)	10:15-11:15 am Yoga Fundamentals <i>Laura D.</i>	10:00-11:00 am Line Dance Beginning <i>Peggy</i>	10:15-11:15 am Functional Fitness <i>Chris L.</i> (Class size limited)	10:00-11:00 am Line Dance Beginning II <i>Peggy</i>	
	11:30 am-12:30 pm Strength, Tone & Mightier Bone <i>Char</i>	11:30 am-12:30 pm Chair Yoga <i>Joyce</i>	11:30 am-12:30 pm Strength, Tone & Mightier Bone <i>Janessa</i>	11:30 am-12:30 pm Chair Yoga <i>Janessa</i>	11:30 am-12:30 pm Strength, Tone & Mightier Bone <i>Staff</i>	
<b>Afternoon</b>	12:45-1:45 pm Group Fitness <i>Joyce</i>		12:45-1:45 pm Group Fitness <i>Joyce</i>		12:45-1:45 pm Stretch & Relax <i>Staff</i>	
	2:00-3:00 pm Tai Chi 8 Movement <i>Judi</i>		2:00-3:00 pm Tai Chi 8/24 Movement <i>Judi</i>			
<b>Evening</b>		3:15-4:15 pm Gentle Yoga for Mindfulness <i>Laura D.</i>		3:15-4:15 pm Gentle Yoga for Mindfulness <i>Laura D.</i>		
	4:30-5:30 pm Pilates Mat <i>Judi</i>		4:30-5:30 pm Pilates Mat <i>Judi</i>			
	4:30-5:30 pm Yoga for Health <i>Laura D.</i>	4:30-5:30 pm Yoga Flow <i>Erin</i>		4:30-5:30 pm Yoga Flow <i>Laura D.</i>		
	4:30-5:30 pm Zumba 101 <i>Challey</i>	4:30-5:30 pm Conditioning for Health <i>Barbara M.</i> <b>NEW</b>	4:30-5:30 pm Zumba <i>Challey</i>	4:30-5:30 pm Conditioning for Health <i>Barbara M.</i> <b>NEW</b>		
	5:35-6:35 pm Barre Body <i>Rae</i>	5:35-6:35 pm Cardio Dance Fusion <i>Rae</i>	5:30-6:30 pm Yoga 101 <i>Janessa</i>	5:35-6:35 pm Barre Body <i>Rae</i>		

## CARDIO DANCE & FITNESS

■ **BEGINNING BARRE** Class combines ballet and strength conditioning with head to toe flexibility, balance, and core work.

**F 10:00-11:00 am; TH 8:45-9:45 am**

■ **BARRE BODY** Conditioning class utilizing small, precise controlled body movements to challenge, tone and define muscles. Core strength and balance improve as the exercises constantly reinforce proper body alignment and posture. **M/TH 5:30 - 6:30 pm**

■ **CARDIO BALL** Light and low impact cardio and core conditioning integrating balls and light weights. **Tu 8:45 - 9:45 am**

■ **FITNESS VARIETY** A total body conditioning class incorporating strength, cardio, core and balance **M/F 8:45 - 9:45 am**

■ **INDOOR CARDIO WALKING** Alternating cardio walking with toning for quick, safe fat-burning and body-toning results. Easy-to-follow workouts without any complex or fancy footwork. **W 8:15 - 9:15 am;**

**F 10:00 - 11:00 am**

### WALK WITH EASE-SEATED EXERCISES

This class is tailored to people with mobility issues. All exercises will be in a seated position. Increase flexibility, gain strength and have fun! **T 10:15-11:00 am**

■ **BEGINNING LINE DANCE** Designed for those that want to learn the basics, as well as progress further. Wide variety of music. **W 10:00 - 11:00 am**

■ **BEGINNING LINE DANCE II** Designed for those that know the basics and want more of a challenge to fun music and steps. **F 10:00-11:00 am**

■ **CARDIO DANCE FUSION** Class is set to all genres of music and various formats will be offered. **M 8:45 - 9:45 am;**

**T 7:45 -8:45 am / T 5:30-6:30 pm**

■ **NIA** A guts and grace workout that blends dance, martial arts and yoga to provide cardiovascular, whole body conditioning that's as much fun as it is good for your body, mind and soul. **W 8:30 - 9:30 am**

■ **ZUMBA** Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® fitness classes are often called exercise in disguise. **W 4:30 - 5:30 pm**

■ **ZUMBA GOLD** Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lighter-intensity. Easy-to-follow class focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

**M/W 10:00 - 11:00 am; Th 9:00 - 10:00 am;**

**Sa 9:15 - 10:15 am**

■ **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.

**M 4:30 - 5:30 pm**

### FITNESS CENTER ORIENTATION

Designed to give you the basic skills to use the cardio and strength equipment safely and effectively. **M/F 8:00 - 10:00 am**

## Fit4U CLASSES

Look for the ■ for Fit4U classes! Specially designed for those wanting a lower impact and light intensity workout as well as those ages 50+, these exercise classes offer something for every fitness level - from just starting out to a regular fitness enthusiast! Increase your mobility, strength, cardio, flexibility, endurance, and core stability. Not only will you improve and maintain your fitness, you'll make friends and have fun!

## STRENGTH & CONDITIONING

■ **BALANCE ESSENTIALS** Combines Pilates, yoga, and functional conditioning; preparing you to excel in all kinds of exercise by improving strength, balance, endurance and flexibility. **W 8:45-9:45 am**

■ **FUNCTIONAL FITNESS** Improve your daily function through a series of exercise routines emphasizing flexibility, balance and strength. Class focus is on muscle mechanics, core work and body awareness.

**M /Th 10:15 - 11:15 am**

■ **GROUP FITNESS** Working in a group setting, exercises are modified to fit your needs and goals for improving activities of daily living. Exercises can be performed standing, seated, or on the floor. Includes a warm up and cool down, and exercises for strength, flexibility and balance. **M/W 12:45 - 1:45 pm**

■ **STRENGTH & CONDITIONING** Improve strength, range of motion, flexibility, balance and hand-eye coordination. Weights are used both from sitting and standing positions with modifications recommended if needed. Rest periods are shortened to add conditioning.

**Tu/Th/Sa 9:00 am -10:00 am**

■ **STRENGTH & STRETCH** Start your day out right with proper techniques of strength training and stretching. Class uses a variety of equipment. Stretching will be woven throughout the class. **M/-F 7:35-8:35 am**

■ **STRENGTH, TONE & MIGHTIER BONE** This weight training class focuses on improving bone health, muscle mass, and increasing flexibility and balance.

**M/W/F 11:30 am - 12:30 pm; M 8:45-9:45 am**

■ **CONDITINING FOR HELATH** Build endurance and flexibility to improve your game and help avoid injuries in this strength and conditioning class. **T/TH 4:30-5:30 pm**

## SPECIALIZED FITNESS

■ **MOVING TO MUSIC: AN ARTHRITIS EXERCISE PROGRAM** A lively, fun, chair exercise with an upbeat, varied music to help you move more freely and without pain. Exercises designed by the Arthritis Foundation.

**M/Th 10:15 - 11:15 am**

■ **CHAIR YOGA** An introduction to Yoga using modifications on or standing behind chair to increase better balance and strength. Personalized assistance is available as needed. Breath and alignment are emphasized

**Tu/Th 11:30 am - 12:30 pm**

■ **STAND TALL-DON'T FALL**  
**REGISTRATION CLASS - SEE FRONT DESK FOR MORE INFORMATION**

## MIND & BODY

■ **RESTORATIVE FLOW YOGA** Restorative flow yoga classes begin with a gentle flow and then moves into passive restorative practice.

**F 8:45 - 9:45 am**

■ **STRETCH & RELAX** Gentle stretching to relieve tension, increase flexibility and improve range of motion. Class format is on the floor with mats provided. **F 12:45 - 1:45 pm**

■ **YOGA 101** Learn to do foundational yoga poses correctly and safely with an emphasis on anatomically-informed alignment principles, proper muscle action, breathing technique and a present moment awareness. Designed to provide knowledge and tools to implement a yoga practice. **W 5:30 - 6:30 pm**

■ **GENTLE YOGA FOR MINDFULNESS** This yoga practice is designed to settle the mind, stretch the body and cultivate relaxation in the moment with meditation, breath work and asanas, or seated poses. **T/TH 3:15 - 4:15 pm**

■ **YOGA FUNDAMENTALS** Learn to do yoga poses correctly and safely with an emphasis on alignment, proper muscle action and breathing techniques. This class moves at a slow pace and includes the instruction and tools to develop your yoga practice.

**Tu /Th 10:15 - 11:15 am**

■ **YOGA FOR HEALTH** Complement your active lifestyle with this class offering tools of yoga to help keep you fit for healthy aging. Emphasis on yoga poses to promote strength and flexibility both physically and mentally, balance, breathing and relaxation techniques. Learn to adapt to and manage changes of aging.

**M 4:30 - 5:30 pm**

■ **YOGA FLOW** A mindful, flowing sequence of meditation, breath and traditional Hatha yoga poses, this alignment-focused class increases energy, flexibility and strength.

**T/Th 4:30 - 5:30 pm**

■ **YOGA & PILATES** Techniques and benefits of both disciplines. Yoga will increase flexibility and balance. Pilates increases core strength and lengthens muscles. **Sa 10:30 - 11:30 am**

■ **PILATES MAT** Using the fundamentals of Pilates class flows through a modern day series of Pilates inspired exercises, to develop deep pelvic floor and posture stabilizing muscles. All fitness levels are welcome. **M/W 4:30 - 5:30 pm**

■ **8 MOVEMENT TAI CHI** 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. **M 2:00 - 3:00 pm**

■ **24 MOVEMENT TAI CHI** Further your practice of Tai Chi to improve balance, movement, vitality and well-being.

**Tu 9:30 - 10:30 am; F 8:30 - 9:30 am**

■ **8/24 MOVEMENT TAI CHI** This class is designed for those that want to build on the 8 Movement form of Tai Chi as a bridge to 24 Movement. Both formats are stressed.

**W 2:00 - 3:00 pm**

■ **QIGONG** Want better health, increased vitality? Qigong is an ancient Chinese exercise that increases and stimulates energy in the body. The eight movements of this qigong are repeated slowly making it easy learn and practice. **Tu 8:30 - 9:30 am**