



Bend Senior Center Weekly Fitness Schedule

February 1-29

Use your Bend Senior Center Pass or pay single visit fee

Bend Senior Center

1600 SE Reed Market Rd

541-388-1133

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	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>Lindy</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>	7:45-8:45 am Strength & Condition <i>Judith 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>	8:00-10:00 am Fitness Center Orientation <i>Laura S.</i> 	8:30-9:30 am Nia <i>Libby</i>	8:45-9:45 am Balance Essentials <i>Char</i> 	7:45-8:45 am Pilates Fundamentals <i>Judi</i>	9:00 am-3:00 pm Fitness Room Open
	8:45-9:45 am Cardio Dance <i>Amber</i>	8:30-9:30 am Qigong <i>Chris M.</i>	8:45-9:45 am Balance Essentials <i>Char</i>		8:30-9:30 am Tai Chi 24 Movement <i>Dave</i>	
	8:45-9:45 am Fitness Variety <i>Alli</i>	8:45-9:45 am Cardio Ball <i>Char</i>		9:00-10:00 am Zumba Gold <i>Amber</i>	8:45-9:45 am Fitness Variety <i>Lynley</i>	9:00-10:00 am Strength & Cond. <i>Janessa</i>
		9:00-10:00 am Strength & Condition <i>Dana</i>		9:00-10:00 am Strength & Condition <i>Dana</i>	9:00-10:00 am Restorative Yoga <i>Cinda</i>	9:15-10:15 am Zumba Gold Staff Rotation
	10:15-11:15 am Zumba Gold <i>Char</i>	9:35-10:35 am Tai Chi 24 Movement <i>Dave</i>	10:15-11:15 am Zumba Gold <i>Char</i>	10:15-11:15 am Moving to Music <i>Joyce</i>	10:00-11:00 am Beginning Barre <i>Kim</i>	10:30-11:30 am Yoga & Pilates <i>Janessa</i>
	10:15-11:10 am Moving to Music <i>Jen</i>	10:15-11:00 am Walk With Ease - Seated Exercises <i>Laura S.</i>	10:00-11:00 am Line Dance Beginning <i>Peggy</i>	10:15-11:15 am Yoga Fundamentals <i>Janessa</i>	10:00-11:00 am Line Dance Intermediate <i>Peggy</i>	
	10:15-11:15 am Functional Fitness <i>Alli</i>	10:15-11:15 am Yoga Fundamentals <i>Janessa</i>		10:15-11:15 am Functional Fitness <i>Dana</i>	10:15-11:15 am Indoor Cardio Walking <i>Laura S.</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>Barbara</i>	
Afternoon	12:45-1:45 pm Strength & Condition <i>Joyce</i>		12:45-1:45 pm Strength & Condition <i>Joyce</i>		12:45-1:45 pm Strength & Condition <i>Joyce</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>			
Evening		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>		
	4:00-5:00 pm Dance Through the Decades <i>Challey</i>	3:45-4:45 pm Strength, Tone & Mightier Bone <i>Barbara M.</i>	3:45-4:45 pm Total Body Core & Strength <i>Barbara</i>	3:45-4:45 pm Strength, Tone & Mightier Bone <i>Barbara M.</i>		
	4:30-5:30 pm Pilates Mat <i>Judi</i>	4:30-5:30 pm Yoga for Healthy Aging <i>Erin</i>	4:30-5:30 pm Pilates Mat <i>Judi</i>	4:30-5:30 pm Yoga for Healthy Aging <i>Rachel</i>		
	4:30-5:30 pm Yoga for Healthy Aging <i>Laura D.</i>		4:30-5:30 pm Zumba <i>Challey</i>			

CARDIO FITNESS & DANCE

■ **CARDIO BALL** This class involves low impact cardio and conditioning exercises done with a variety of fitness balls and light weights. In addition a short segment of "drumming" exercises is included. Drumming has been shown to strengthen concentration, memory, attention, focus, strengthen motor skills of the less dominant side of the brain, and reduce stress and anxiety. **Tu 8:45 - 9:45 am**

■ **FITNESS VARIETY** A total body conditioning class incorporating strength, cardio, core, flexibility 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**

■ **LINE DANCE INTERMEDIATE** 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** These classes are full of variety with dance, step, kickboxing and always your choice of high- or low-impact. Engage your muscles and get your heart pumping for increased strength and resilience. **M 8:45 - 9:45 am; T 7:45 - 8:45 am;**

■ **NIA** Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life, body and mind. **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** Come ready to sweat and leave feeling empowered and strong! Featuring easy-to-follow choreography focused on balance, range of motion and coordination, Zumba Gold® is the perfect match for both beginners and active older adults who are looking for lower intensity modifications of the original Zumba® moves you love.

M/W 10:15- 11:15 am; Th 9:00 - 10:00 am; Sa 9:15 - 10:15 am

■ **DANCE THROUGH THE DECADES** Learn the basics of cardio dance, one step at a time! Taught at a slower pace with attention to individual steps and time to practice each, this class will have you feeling confident you can attend any Zumba or cardio dance class as you build your skill set. **M 4:00-5:00 pm**

■ **FITNESS CENTER ORIENTATION** Designed to give you the basic skills to use the cardio and strength equipment safely and effectively. **M/T/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; TH 8:45-9:45 am**

■ **BEGINNING BARRE** Class combines ballet and strength conditioning with head to toe flexibility, balance, and core work. **F 10:00-11:00 am**

■ **FUNCTIONAL FITNESS** Improve your daily function through a series of exercise routines emphasizing three specific areas: flexibility, balance and core and back strength. Class focus is on proper mechanics, functional core work and exercises that mimic everyday activities. **M /Th 10:15 - 11:15 am**

■ **STRENGTH & CONDITION** Improve strength, flexibility, range of motion, balance and agility. Weights are used both in sitting and standing positions with modifications recommended if needed. Participants are encouraged to stand for segments of the class but always have option to do exercises seated in chair. **M/W/F 12:45-1:45 pm; Th 7:45-8:45 am; 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 class involving weight bearing exercises is designed to improve bone health and reduce the risks of osteoporosis. Classes may include light cardio-intensive movements to maintain/improve cardiovascular health while working to improve bone strength and increasing flexibility and balance. **M/W/F 11:30 am - 12:30 pm; M 8:45-9:45 am; T/TH 4:00-5:00 pm**

■ **TOTAL BODY STRENGTH & CORE** A total body strength workout focusing on your core using a variety of equipment. **W 3:45-4:45 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**

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

MIND & BODY

■ **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**

■ **RESTORATIVE FLOW YOGA** Restorative flow yoga classes begin with a gentle flow and then moves into passive restorative practice. **F 9:00 - 10:00 am**

■ **GENTLE YOGA FOR MINDFULNESS** This gentle yoga practice is designed to settle the mind, stretch and strengthen the body and cultivate mindfulness through meditation, breathing practices and relaxation techniques. Open to all levels. **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 HEALTHY AGING** Learn to use yoga to manage and adapt to the changes associated with aging. Emphasis on yoga poses to promote strength and flexibility both physically and mentally, balance, breathing and relaxation techniques. **M/T/TH 4:30-5:30 pm**

■ **YOGA & PILATES** Learn to move your body from your core, your powerhouse with techniques and benefits of both disciplines. Yoga increases flexibility and balance; Pilates increases core strength and lengthens the muscles. **Sa 10:30 - 11:30 am**

■ **PILATES FUNDAMENTALS** Designed to help new students feel more comfortable in their Pilates practice or for the more experienced seeking a slower pace to create a foundation for each exercise. **F 7:45-8:45 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 acting as a bridge to the 24 Movement. Features both formats. This class also focuses on lower body and balance exercises to help promote improved strength in the legs and core, overall stability and balance of the body. **W 2:00 - 3:00 pm**

■ **QIGONG** A holistic system of coordinated body posture and movement, breathing, and meditation used for the purposes of health and well-being. **Tu 8:30 - 9:30 am**