



# Juniper Swim & Fitness Center

## February 1 - 28th

**ALL Cardio classes now 60 minutes!**  
2/1/23

800 NE 6th Street 541-389-7665 bendparksandrec.org

**Facility Hours** M-Th: 5:30 am - 8:00 pm · F: 5:30 am - 7:30 pm · Sa 8:00 am - 6:00 pm · Su 8:00 am - 6:00 pm

	MON	TUES	WED	THURS	FRI	SAT	SUN
25 Meter Indoor Pool	6:10-7:00 AM Deep/Shallow Kim		6:10-7:00 AM Deep/Shallow Kim		6:10-7:00 AM Deep/Shallow Kim		
25 Meter Indoor Pool	7:15-8:05 AM Deep/Shallow Marty		7:15-8:05 AM Deep/Shallow Marty		7:15-8:05 AM Deep/Shallow Marty		
25 Meter Indoor Pool		8:30-9:20 AM Deep/Shallow Toning - Molly		8:30-9:20 AM Deep/Shallow Toning - Jane F		8:10-9:00 AM Deep/Shallow Paul	
25 Meter Indoor Pool		9:30-10:20 AM Mobility (MS) Carolyn Cr		9:30-10:20 AM Mobility (MS) Carolyn Cr		9:10-10:00 AM Deep/Shallow Paul	
25 Meter Indoor Pool	10:30-11:20 AM Deep/Shallow Jane F		10:30-11:20 AM Deep/Shallow Carolyn Cr		10:30-11:20 AM Deep/Shallow Monica		
25 Meter Indoor Pool			12:30-1:20 PM Pre/Postnatal Workout - Molly				
Olympic Pool	1:30-2:20 PM Tethered Running Carolyn Cr	1:30-2:20 PM Deep Workout Jess	1:30-2:20 PM Tethered Running Natalia	1:30-2:20 PM Deep Workout Monica	1:30-2:20 PM Workout on Your Own		
25 Meter Indoor Pool	5:30-6:20 PM Deep Workout Paul		5:30-6:20 PM Deep Workout Staff Rotate				
Group Ex Studio	5:45 - 6:45 AM F.I.T. - Nicole F		5:45 - 6:45 AM F.I.T. - Nicole F				
Cycle Studio		5:45-6:45 AM Cycle - Eris		5:45-6:45 AM Cycle - Eris			
Cycle Studio	8:00-8:50 AM Cycle Jen	8:00-8:30 AM Express Cycle Ward	8:00-8:50 AM Cycle Michelle S	8:00-8:30 AM Express Cycle Michelle S	8:00-8:50 AM Cycle Monica	8:10-9:10 AM Cycle Tina	
Mind Body Studio	8:15-9:05 AM Pilates Mat Judi		8:15-9:05 AM Pilates Mat Susie			8:10-9:10 AM Vinyasa All Lvl Carolyn Ca	8:15-9:15 AM Restorative Trisha
Group Ex Studio		8:30-9:00 AM TB Strength & Core Exp. - Michelle E		8:30-9:00 AM TB Strength & Core Exp. - Michelle S		9:00-9:50 AM TB Strength/Core Staff Rotate	
Group Ex Studio	! 9:05-10:05 AM F.I.T. Kim	! 9:05-10:05 AM Cardio Hiit Cond. Nicole F	! 9:05-10:05 AM F.I.T. Monica	! 9:15-10:15 AM Turbo Kick Live! Michelle S	! 9:05-10:05 AM F.I.T. Michelle E		! 9:30-10:30 AM Zumba Challey
Mind Body Studio	9:15-10:15 AM Vinyasa Lvl 2/3 Barb	9:15-10:15 AM Vinyasa All Lvl Barb	9:15-10:15 AM Yin Yoga Be	9:15-10:15 AM Vinyasa All Lvl Susan F	9:15-10:15 AM Vinyasa Lvl 2/3 Barb		9:30-10:30 AM Vinyasa All Lvl Trisha
Pilates Studio	9:15-10:15 AM PiYo Live! Kaye		9:15-10:15 AM PiYo Live! Michelle S		9:15-10:15 AM Barre Body Monica		
Cycle Studio	9:15-10:15 AM Cycle - Julie	9:15-10:15 AM Cycle - Michelle E	9:15-10:05 AM Cycle - Michelle E	9:15-10:15 AM Cycle - April	9:15-10:15 AM Cycle - Kim		
Cycle Studio		10:30-11:30 AM Cycle - Cherie		10:30-11:30 AM Cycle - Ward			
<b>Key</b>	<b>Water</b>	<b>Cardio</b>	<b>Strength</b>	<b>Mind Body</b>	<b>Cycle</b>	<b>New class or Format Change</b>	<b>! Class Time Change !</b>

	MON	TUES	WED	THURS	FRI	SAT	SUN
Fitness Center	10:30-11:20 AM Fitness Center Circuit - Kim		10:30-11:20 AM Fitness Center Circuit - Kim				
Mind Body Studio	10:30 -11:30 AM Restorative Flow Cinda		10:30 -11:30 AM Restorative Flow Kelly		10:30 -11:30 AM Restorative Flow - Jane D	10:30-11:30 AM Restorative Nicole W	11:00 -12:00 PM Super Stretch Be
Pilates Studio	10:30 -11:30 AM Super Stretch April		10:30 -11:30 AM Vinyasa All Lvl Michelle E				
Group Ex Studio		10:15-10:30 AM Bliss Dance 101 ! 10:30-11:30 AM Bliss Dance Tami		! 10:30-11:30 AM Bliss Dance Kelli	10:30-11:20 AM TRX Kaye		
Cycle Studio				11:45-12:45 PM Baby & Me Cycle April			
Mind Body Studio		11:30 -12:30 PM Baby & Me Yoga Fusion - Kelly					
Group Ex Studio	11:00-11:20 AM TRX 101 11:30-12:20 PM TRX - Kaye		11:30 AM-12:20 PM TRX - Natalia				
Cycle Studio		12:30-1:15 PM Cycle - Julie	12:30-1:15 PM Cycle - Natalia				
Mind Body Studio		12:00 - 1:00 PM Barre Body Anna	12:00 - 1:00 PM Slow Vinyasa Flow Holly	12:00 - 1:00 PM Yoga for Athletes Jes			
Mind Body Studio		1:15 -2:15 PM Restorative Yoga Anna	1:15 -2:15 PM Restorative Yoga Holly	1:15 -2:15 PM Restorative Yoga Jes			
Pilates Studio		4:20-5:10 PM Pilates Fusion Susie	4:30-5:20 PM Pilates Glutes & Core Staff	4:20-5:10 PM Pilates Mat Judi			
Mind Body Studio	4:30-5:30 PM Vinyasa All Lvl Anna	4:30-5:30 PM Restorative Yoga Flow Kelly	4:30-5:30 PM Vinyasa All Lvl Lynda				4:30-5:30 PM Yin Yoga Erin
Cycle Studio	4:20-5:20 PM Cycle - Nicole F						
Group Ex Studio	! 4:20 - 5:20 PM F.I.T - Julie	★ 4:20 - 5:10 PM TRX Circuit - Ward	! 4:20 - 5:20 PM F.I.T - Julie	★ 4:20 - 5:10 PM TRX Circuit - Ward			
Cycle Studio		5:30-6:30 PM Cycle - Susie	5:30-6:30 PM Cycle - Monica	★ 5:30-6:30 PM Cycle - Ward			
Pilates Studio		5:30-6:30 PM Vinyasa All Lvl Sara					
Mind Body Studio	5:45-6:45 PM Restorative Flow Anna	5:45-6:45 PM Prenatal Yoga Kelly	5:45-6:45 PM Restorative Flow Lynda	5:30-6:30 PM Vinyasa All Lvl Trisha			
Group Ex Studio	5:30-6:20 PM TB Strength & Core Julie		5:30-6:20 PM TB Winter Cond. Julie				
Group Ex Studio		! 5:30-6:30 PM Bliss Hip Hop Missy/Kelli		! 5:30-6:30 PM Zumba Strength & Tone - Challey			Effective 2/1/23
<b>Key</b>	<b>Water</b>	<b>Cardio</b>	<b>Strength</b>	<b>Mind Body</b>	<b>Cycle</b>	★ <b>New class or Format Change</b>	! <b>Class Time Change !</b>