



Larkspur Community Center

February 1st - 28th

Many Cardio classes now 60 minutes!

"Home of the Bend Senior Center"

1600 SE Reed Market Road · 541-388-1133 www.bendparksandrec.org
Hours M-F: 6:00 am - 8:00 pm · Sa 8:00 am - 6:00 pm & Su: Closed

	MON	TUES	WED	THURS	FRI	SAT
Lifestyle Pool		7:00-7:50 AM Deep/Shallow Toning Molly		7:00-7:50 AM Deep/Shallow Toning Jane F		
Lifestyle Pool	8:00-8:50 AM Mobility Thru Water Carolyn Cr	8:00-8:50 AM Mobility Thru Water Chris Z	8:00-8:50 AM Mobility Thru Water Chris Z	8:00-8:50 AM Mobility Thru Water Molly	8:00-8:50 AM Mobility Thru Water - Carolyn Cr	9:00-9:50 AM Cardio Current Monica
Current Channel	9:00-9:50 AM Current Channel Kim Z	9:00-9:50 AM Current Channel Judi	9:00-9:50 AM Cardio Current Kaye	9:00-9:50 AM Current Channel Molly	9:00-9:50 AM Current Channel Kim Z	10:00-10:50 AM Mobility Thru Water - Staff
Lifestyle Pool	10:00-10:50 AM Mobility Thru Water - Judi		10:00-10:50 AM MobilityThrough Water - Molly		10:00-10:50 AM MobilityThrough Water - Carolyn Cr	
Lifestyle Pool	11:00-11:50 AM Deep/Shallow Natalia	11:00-11:50 AM Warm Water Wellbeing Carolyn Cr	11:00-11:50 AM Deep/Shallow Molly	11:00-11:50 AM Warm Water Wellbeing Carolyn Cr	11:00-11:50 AM Deep/Shallow Kim Z	
Current Channel	12:00-12:50 PM Current Channel April	12:00-12:50 PM Current Channel Jess	12:00-12:50 PM Current Channel Jane F	12:00-12:50 PM Current Channel Judi	12:00-12:50 PM Cardio Current Maureen	
Lifestyle Pool	1:00-1:50 PM Deep/Shallow Natalia	1:00-1:50 PM MobilityThru Water - Molly	1:00-1:50 PM Deep/Shallow Jane F	1:00-1:50 PM MobilityThru Water - Judi	1:00-1:50 PM Deep/Shallow Maureen	
Current Channel		5:40-6:30 PM Cardio Current - Judi		5:40-6:30 PM Cardio Current - Staff		
Group Ex Room	! 7:30-8:20 AM Stretch & Strength - Kelli	! 7:45-8:45 AM Cardio Dance - Amber	! 7:30-8:20 AM Stretch & Strength - Kelli	! 7:45-8:45 AM Cardio Dance - Amber		
Community Room	8:30-9:20 AM Strength Tone & Mightier Bone Alli	8:30-9:20 AM TB Strength & Core Alli	8:30-9:20 AM Strength Tone & Mightier Bone Char	8:30-9:20 AM TB Strength & Core Alli	8:30-9:20 AM Strength Tone & Mightier Bone Staff Rotate	
Group Ex Room			! 8:45-9:45 AM Nia - Libby			8:30-9:20 AM Strength Tone/Mightier Bone - Janessa
Mind Body	9:00-10:00 AM Vinyasa All Lvl's - Abby		9:00-10:00 AM Vinyasa All Lvl's - Jes		9:00-10:00 AM Vinyasa All Lvl's - Abby	
Group Ex Room		9:00-9:50 AM Strength & Condition Char		9:00-9:50 AM Strength & Condition Kim		
Community Room						! 9:00-10:00 AM F.I.T. Staff Rotate
Multi-purpose Room		9:30-10:20 AM Senior Fit Club Janna	9:30-10:20 AM Senior Fit Club Judith	9:30-10:20 AM Senior Fit Club Vanessa		
Group Ex Room	10:00-10:50 AM Functional Fitness Janna		10:00-10:50 AM Functional Fitness Cinda			
Fitness Center		10:00-10:50 AM Fitness Ctr.Circuit Alli		10:00-10:50 AM Fitness Ctr.Circuit Aleta		
Multi-purpose Room	10:00-10:50 AM Walk With Ease Seated Laura				10:00-10:50 AM Indoor Cardio Walking - Laura	
Key	Water	Cardio	Strength	Mind Body	New class or Format Change	! Class Time Change !

	MON	TUES	WED	THURS	FRI	SAT
Classroom A			10:00-10:50 AM Indoor Cardio Walking - Laura			
Community Room		10:00-10:50 AM Core/Strength/Cardio Kaye		10:00-10:50 AM Core/Strength/Cardio Kim		
Mind Body			10:15-11:15 AM Yoga Fundamentals Jes		10:15-11:15 AM Yoga Fundamentals Jes	
Mind Body	10:45-11:45 AM Yoga Fundamentals Barb	10:30-11:30 AM Yoga Pilates Cinda		10:30-11:30 AM Yoga Pilates Jane D		10:30-11:30 AM Yoga Pilates Janessa
Community Room	! 10:30-11:30 AM Zumba Abra		! 10:30-11:30 AM Zumba Char		! 10:30-11:30 AM Zumba Amber	! 10:30-11:30 AM Zumba Challey
Group Ex Room		! 10:30-11:30 AM Cardio Drumming Char		! 10:30-11:30 AM Cardio Drumming Abra		
Community Room		11:00-11:30 AM Express Core - Kaye		11:00-11:30 AM Express Core - Kim		
Group Ex Room			11:00-11:50 AM Line Dance I Peggy		11:00-11:50 AM Line Dance Int. Peggy	
Classroom A	11:30 AM-12:30 PM Chair Yoga - Jes					
Mind Body			11:30 AM-12:30 PM Chair Yoga - Jes		11:30 AM-12:30 PM Chair Yoga - Nicole W	
Group Ex Room	12:00 PM-12:50 PM Fitness Variety Kim		12:00 PM-12:50 PM Fitness Variety Kim		12:00 PM-12:50 PM Fitness Variety Monica	
Group Ex Room		! 12:10-1:00 PM Stretch & Flex - Tami		! 12:10-1:00 PM Stretch & Flex - Kelli		
Community Room	12:00-1:00 PM Restorative Yoga Barb	12:00-1:00 PM Restorative Yoga Catherina	12:00-1:00 PM Restorative Yoga Kelly	12:00-1:00 PM Restorative Yoga Barb	12:00-1:00 PM Restorative Yoga Jes	
Community Room	2:00-2:50 PM Tai Chi - Judi		2:00-2:50 PM Tai Chi - Dave			
Mind Body		3:15-4:15 PM Gentle Yoga for Mindfulness - April		3:15-4:15 PM Gentle Yoga for Mindfulness - April		
Community Room	3:15-4:05 PM Pilates Mat - Judi		3:15-4:05 PM Pilates Mat - Judi			
Group Ex Room		3:30-4:20 PM Strength Tone & Mightier Bone- Monica		3:30-4:20 PM Strength Tone & Mightier Bone- Monica		
Mind Body		4:30-5:30 PM Vin/Yin Yoga - Susan F		4:30-5:30 PM Yin Yoga - Nicole W		
Fitness Center	4:00-4:50 PM Fitness Center Circuit Jane F		4:00-4:50 PM Fitness Center Circuit Jane F			
Group Ex Room		4:30-5:20 PM Bliss Dance - Tami		★ 4:30-5:20 PM Bliss Dance - Tami		
Mind Body	5:30-6:30 PM Vinyasa All Lvl's Carolyn Ca		5:30-6:30 PM Vinyasa All Lvl's Trisha			
Group Ex Room		! 5:30-6:30 PM Line Dance 1 - Kim ! 6:40-7:40 PM Inter. Line Dance				Effective Feb 1, 2023
Key	Water	Cardio	Strength	Mind Body	★ New class or Format Change	! Class Time Change !