

GROUP EXERCISE SCHEDULE

CLUB HOURS

Mon-Thurs 5am-9pm Fri 5am-8pm
Sat 7am-5pm Sun 10am-5pm

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
5:45-6:45am	F.I.T. with Sue	SPIN with Sue	BODYPUMP™ with Sue	SPIN with Sue	ZUMBA! with Susan		
8:00-9:00am	CIRCUIT TRAINING with Tonya		ZUMBA! with Evangeline	SPIN & CORE with Tonya		CARDIO CHOICE Instructor Rotation	
9:15-10:15am	BODYPUMP™ with Lynnea	CIRCUIT TRAINING with Lynnea	YOGA with Nicole	BODYPUMP™ with Janet	STRETCH & CORE with Janet	BODYPUMP™ Instructor Rotation	
10:30-11:30am							BODYPUMP™ with Kim
12:05-12:50pm		SPIN with Tonya					
12:05-1:00pm	SPIN with Kristen R.	POWER SCULPT with Suzanne	BOOTCAMP with Tonya	SPIN with Kristen R.	YOGA with Nicole		
4:30-5:30pm	BODYPUMP™ with Janet	STEP & SCULPT with Janet	ZUMBA! with Kristin B.				
5:45-6:45pm		BODYPUMP™ with Kim	CARDIO COMBO with Kim				
5:45-6:30pm	SPIN with Janet			SPIN with Carrie			
7:00-8:00pm			BODYPUMP™ with Bill	*FIT CAMP* with Tonya			

DESCRIPTION OF CLASSES ON BACK PAGE!

We appreciate your timeliness when arriving to each class. Please do not enter once the music has started.

Body Pump™ classes, please arrive 10 min. early. **NEW TO CLASS?** We *highly* encourage *all* new participants to arrive early to class to speak with the instructor and receive helpful tips on technique, modifications, equipment needs, etc.

***Check near front desk for any "Specialty Classes" offered each month!**

Questions? Call us at 323-2322. We're on the web: www.benddac.com

CLASS DESCRIPTIONS

AB ATTACK! (15 Minute Quick and Intense Class)

Get on the ball and join us for a quick, but *intense* session of deep abdominal exercises.

BODYPUMP™

A group barbell program that challenges every major muscle in your body. Ten music tracks uses weights to strengthen and tone in record time. A great way to boost your endurance and speed up metabolism for rapid fat burning. Please arrive 10-minutes prior to class. **Please sign in at front desk prior to class.**

BOOTCAMP

Mix it up with a variety of cardio, sports, strength drills and stretching! All levels welcome!

CARDIO COMBO

It's back! The perfect cardio class that mixes step, strength, hi/low, kickboxing and more! If you like variety, this is the class for you!

CARDIO HIP HOP

Get ready to groove to the coolest hip-hop moves! This class may also add in some step and strength!

CIRCUIT TRAINING

A favorite combination of cardio with step and strength exercises taught at a challenging pace. Exercise made fun using the ball, weighted bars, bands, weights, the step and more!

F.I.T. (FUNCTIONAL INTERVAL TRAINING)

A well rounded, one-hour workout beginning with abdominal work followed by intervals including use of step, cone drills, plyometrics, core work, etc. Modifications and progression will be shown for all exercises, so all are welcome!

***FIT CAMP** Specialty class. Small group personal training class \$65/4 weeks. Various cardio and strength training to get fit. Call Tonya for any questions at 419-3052.

INSTRUCTOR'S CHOICE CARDIO!

You're sure to get a killer cardio workout with Instructor choice on Saturdays. Ask the front desk for specific classes. Look forward to varying classes. It may be ZUMBA, cardio combo, Hip-Hop, Step, Etc.!

POWER SCULPT

A high intensity workout, combining strength and endurance exercises. This class involves the use of a variety of equipment, including step. Get ready to sweat!

SPIN - Group Cycling!

One of the best cardio workouts around! Join us for a group cycling class to great music! We'll provide a towel because we know you're going to sweat! Remember to bring water! **Please sign yourself in spin room on the first floor.** New spin students are encouraged to arrive 10 minutes early for bike set-up.

SPIN & CORE

The perfect workout combining cycling, core work and stretching! Class will begin with a spin for a 30-minute fun and energizing ride. Finish up with a round of challenging ab and back exercises using the stability ball followed by much de served stretching. Please go directly to the spin room on the first floor.

STEP & SCULPT

Get ready for an hour of simple step moves, cardio, interval training and some resistance exercises using tubes, weights and more. A great class if you're wanting to get to the basics while getting an effective and fun workout at the same time!

STRETCH & CORE

An essential workout that supports any fitness regime and is highly recommended if you suffer from occasional low back pain. This class fuses some Pilates based moves along with corrective exercises and stretching (including foam rolling) to help improve flexibility, balance and core strength. Exercises shown for both the beginner and the advanced.

YOGA

Are you ready to work muscles you didn't know you had? Put your body and mind to the challenge and concentrate on holding positions, breathing, stretching and strength. Timely arrival is appreciated! Modifications and progressions are shown to accommodate most levels. **(Limited yoga mats available. Members are encouraged to bring their own).**

ZUMBA!

Also offered SOME Saturdays at 8:00 AM. Check weekend schedule

Have fun working out! This one hour Latin rhythm & moves class will get you sweating and smiling! This cardio workout will include various dance style movements such as Salsa, Hip-Hop, Belly Dancing and more! Get ready to party! No dance experience necessary.