

# GROUP EXERCISE SCHEDULE

## CLUB HOURS

Mon-Thurs 5am-9pm Fri 5am-8pm  
Sat 7am-5pm Sun 10am-6pm

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
5:45-6:45am	F.I.T. with Sue	Spin Cycle with Sue	BODYPUMP™ with Sue	Spin Cycle with Sue			
8:00-9:00am	Better Than Coffee with Kristen	Pilates With Vanessa	Zumba Fitness with Susan	SPIN & CORE with Crystal		Check the Board Instructor Rotation	
9:15-10:15am	BODYPUMP™ with Lynnea	All In One with Lynnea	Yoga with Vanessa	BODYPUMP™ with Janet	Roller Recovery & Core Challenge with Kristen	BODYPUMP™ Instructor Rotation	
9:30-10:30am							
10:30-11:30am							BODYPUMP™ with Kim
12:05-12:50pm							
12:05-1:00pm	Detox Cycle with Kristen	Power Hour with Suzanne	Whine after One with Morri	Urban Cycle with Kristen	Yoga with Vanessa		
4:30-5:30pm	BODYPUMP™ with Janet	Zumba Fitness with Susan	R.C.R. with Janet				
5:45-6:45pm	SPIN 45 min. with Janet	BODYPUMP™ with Kim	CARDIO COMBO with Kim	SPIN 45 min. with Heather			
6:00-7:00pm							
7:00-8:00pm			BODYPUMP™ with Bill				

## 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](http://www.benddac.com)

# CLASS DESCRIPTIONS

## **BODYPUMP™**

A group barbell program that challenges every major muscle in your body. Ten music tracks use 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. (Weekends)**

## **BETTER THAN COFFEE**

In this Monday morning class, you'll get your heart pumping quicker than a shot of espresso; with cardio and strength intervals. This energizing class is a healthy way to keep you perky for the rest of the day.

## **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!

## **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!

## **GROUP CYCLING**

### **Spin Cycle**

This early morning class is sure to wake you up and get your heart pumping. A great way to start your day!

### **Urban Cycle**

In this intense cycle class you'll feel like you're challenged with riding the hills of San Francisco choreographed and timed to motivating music.

### **Detox Cycle**

In this sweat dripping intense cardio workout you're sure to flush out your system in no time. Get out all of your stress during lunch and finish the day a new person.

## **INSTRUCTOR'S CHOICE (Check The Board)**

You're sure to get a great workout with Instructor choice on Saturdays. Check the schedule board for specific classes. This class will vary on a week to week basis.

## **PILATES**

Pilates focus on integrating the entire body, rather than exercising each body part separately. As you begin to focus on your body as a whole you'll achieve better alignment and re-teach your body to work more efficiently.

## **POWER HOUR**

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!

## **R.C.R. (Roller Coaster Ride)**

This class is filled with lots of ups and downs, twists and turns just like a roller coaster ride, and before you know it the ride is over. Tons of different equipment is used, plenty of variety in intensity, and nearly all muscle groups are worked. Come check it out!

## **ROLLER RECOVERY AND CORE CHALLENGE**

In this class you'll learn to use a foam roller for myofascial (soft tissue) stretching and test your strength with creative core exercises.

## **SPIN & CORE**

The perfect workout combining cycling, core work and stretching!  
Class will begin with a spin for a 40-minute fun and energizing ride.  
Finish up with a round of challenging **Core** exercises followed by much deserved stretching

## **WHINE AFTER ONE**

Mix it up with a variety of cardio, sports, strength drills and stretching. Let's not forget the **STAIRS**. All levels welcome!

## **YOGA**

Moving fluidly through combination of postures based on the alignment of Iyengar yoga synchronized with breath awareness and relaxation. Build strength, flexibility, balance and endurance while detoxifying the body and mind.  
**(Limited yoga mats available. Members are encouraged to bring their own).**

## **ZUMBA FITNESS**

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