

JUNE- AUG. 2019 *belinhealth* | Bond Community Center

Group Fitness

mon	tue	wed	thu	fri	sat
LAND					
The Ride & Strength 5:30-6:15 am Kris	Chisel'd 5:30-6:15 am Tasha			BootCamp 5:20-6:10 am Amanda	
	Active Adults 8-8:45 am Tasha		Active Adults 8-8:45 am Tasha		
	Silver Sneakers Classic 8-8:45 am Amy		Silver Sneakers Classic 8-8:45 am Sallie		
	Silver Sneakers Yoga 9-9:45 am Sallie		Silver Sneakers Yoga 9-9:45 am Sallie		◆ TAE KWON DO 2:30-3:30 pm Nick
Zumba 6-6:45 pm Christine	Ignite! 4:30-5:00 pm Tasha		H.I.I.T 4:30-5:15 pm Tasha		
Yoga 6:15-7:15 pm Cary	The Ride 5:30 - 6:15pm Kris	Outdoor Yoga 6:15-7:15 pm Cary			
WATER					
Aqua Splash 8-8:45 am Tania		Aqua Splash 8-8:45 am Tania		Aqua Splash 8-8:45 am Judy	
Silver Sneakers Splash 9-9:45 am Amy		Silver Sneakers Splash 9-9:45 am Judy		Silver Sneakers Splash 9-9:45 am Judy	
	Aqua Splash 10-10:45 am Amanda		Aqua Splash 10-10:45 am Amy		
Aqua Splash 1-1:45 pm Amy	◆ Aqua Chronic Pain 11-11:45 am Amy	Aqua Splash 1-1:45 pm Amy	◆ Aqua Hip, Knee and Back 11- 11:45 am Amy		
	Aqua Sculpt 5:00 - 5:45 pm Tasha		Aqua Sculpt 5:15 - 6:00 pm Tasha		

See Blue Sheets for FULL POOL SCHEDULE

Group Fitness classes are included with membership
 ◆ Indicates Specialty Class available to members and general public for an additional fee

Class Descriptions

Active Adults – Maintain cardiovascular health and improve strength and flexibility while bringing ease to your everyday activities. The music will get you moving, and the friends will keep you coming back.

♦ **Aqua Chronic Pain** - Using the 86 degree pool, this workout is designed to use water's buoyancy and relaxation exercises to reduce chronic pain. This class is taught by a Personal Trainer.

Aqua Hip, Knee, and Back - Discover the benefits of water if you have hip, knee, or back pain or are a pre/post-surgery patient. This class is taught by a Personal Trainer.

Aqua Sculpt – Aqua Sculpt tones and sculpts the body using the added resistance of the water. This class combines many different workout aspects, whether it is intervals, core, resistance training or more- Aqua Sculpt is sure to have something for everyone! Each class has workout components that are adapted to your level so you can always increase or decrease the intensity. An added bonus is cross training in the water compliments any other training program! Stop in and get moving to the beat of the music with us!

Aqua Splash- Test the water with us in this aquatic fitness class. We will perform cardiovascular exercises in the shallow end of the pool as well as strength training exercises for the upper and lower body using water, weights and resistance tubing for an added challenge. All ages and skill levels are welcome!

Boot Camp! – The name says it all...lift, shape and firm your lower and upper body in this high intensity workout! Using large lower body muscles to burn off calories quickly, these dynamic moves also engage your core (abs, lower back, obliques), as an added bonus!

Chisel'd – Be ready to take your body to the next level. Burn hundreds of calories and learn how to sculpt your body. Get that lean and strong body you want!

H.I.I.T - High Intensity Interval Training is a total body, heart pumping, aerobic, and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body. Modifications for all fitness levels are provided.

Silver Sneakers Splash- This class uses the shallow end of the pool to improve agility, flexibility, and cardiovascular endurance. You will learn exercises that can help you increase your joint range of motion and strengthen muscles without excess stress. It provides a friendly and supportive group atmosphere to help improve limited mobility. No swimming ability is required.

SilverSneakers® Classic – Increase muscular strength, range of movements and activity for daily living. Build functional strength using hand-held weights, elastic tubing, and a ball for resistance. A chair is used for seated and/or standing support.

Ignite! – Are you searching for a quick sweat fix? Do you want to light up your metabolism? Come join Ignite and get a targeted 30-minute full body workout! Be prepared to fire up all muscle groups and feel the burn!

Zumba® – Let the party begin! Zumba® is a Latin-dance inspired fitness class featuring interval training using fast and slow rhythms to maximize caloric output, fat burning and total-body toning. No experience required!

Silver Sneakers Yoga – Increase circulation, flexibility, range of motion, balance and overall energy. Perfect for those with physical limitations that find it difficult to get on and off the floor. Come warmed up and ready to go!

The Ride – Outdoor cycling with indoor comfort. An amazing cardio workout filled with intervals, hill climbs, speed work, and endurance training. You control the intensity of the ride, we control the “bumps and curves” in the road. ****AND STRENGTH- using free weights to accomplish the basics movements of full body strength training.**

OUTDOOR Yoga – Weather permitting this class will be held at City Park Beach, if weather doesn't permit you will receive notification for class to be moved back to facility. This will provide you with a true natural refreshing mind/body experience. Improving your flexibility, strength and balance while enhancing your posture, coordination and mental focus.

Yoga – A mind/body exercise focusing on improving your flexibility, strength and balance while enhancing your posture, coordination and mental focus.