





Bender's Elite Group Fitness Schedule November 2017

	Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	
Main Room (First floor)	5:00am	LES MILLS BODYPUMP Ashley		LES MILLS BODYPUMP Melanie			8:30am	LES MILLS BODYPUMP 4 th Nancy 11 th Anabeth 18 th Melanie 25 th Anabeth	
	8:30am	LES MILLS BODYCOMBAT Carmen	LES MILLS BODYPUMP Nancy	ZUMBA FITNESS Katie	LES MILLS BODYPUMP Nancy	LES MILLS BODYSTEP Tara			
	9:30am	CORE WORX Katie		BODYSHRED Katie	POUND ROCKOUT. WORKOUT. Katie	LES MILLS BODYFLOW Carmen			
	10:30am	Healthways Silver Sneakers Fitness Program Rita		Healthways Silver Sneakers Fitness Program Rita					
	4:30pm	LES MILLS BODYSTEP Tara	LES MILLS BODYVIVE 3.1 LES MILLS CXWORX Heather <small>(30 minutes of each class)</small>	LES MILLS BODYCOMBAT Carmen <small>(taught in Parisi Room)</small>					
	5:30pm	LES MILLS BODYPUMP Heather	LES MILLS BODYCOMBAT Brooke		LES MILLS BODYPUMP Brooke				
	6:00pm			POUND ROCKOUT. WORKOUT. Kim					
	6:30pm	LES MILLS BODYATTACK Laura	ZUMBA FITNESS POUND ROCKOUT. WORKOUT. Christy <small>(30 minutes of each class)</small>		ZUMBA FITNESS Christy				
Soft Room (Second floor)	9:30am					CORE WORX Tara	9:30am	YOGA Beth	
	4:30pm		LES MILLS BODYFLOW Carmen						
	5:00pm			YOGA Maribeth					
	5:45pm	POUND ROCKOUT. WORKOUT. Kim							
	6:30pm	LES MILLS BODYFLOW Hanna	YOGA Shannon	LES MILLS CXWORX Beth – 30 min Starts @ 6:45					
Spin Room (Second floor)	5:00am		LES MILLS RPM Heather		LES MILLS RPM Brooke		8:30am	4 th Carmen SPIN 11 th Beth RPM 18 th Liz SPIN 25 th Maribeth RPM	
	8:30am	Spinning Jelsey	LES MILLS RPM Tara	Spinning Liz		Spinning Carmen			
	4:30pm				Spinning Liz				
	5:45pm		LES MILLS RPM Laura						
	6:00pm	LES MILLS RPM Maribeth		LES MILLS RPM Beth					
									SUNDAY 2pm LES MILLS RPM

Barre Room <small>(first floor, by childcare)</small>	Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
	8:30am	 Katie			 Katie			

CLASS DESCRIPTIONS - These classes are suitable for all fitness levels!

LES MILLS

BODYPUMP – The original barbell workout that **strengthens and tones your entire body!** This 60-minute program challenges all your major muscle groups by using the **BEST WEIGHT ROOM EXERCISES** like squats, presses, lifts and curls. Great music, awesome instructors, and your choice of weight inspire you to get the results you came for, and fast! This is a low impact, medium to high intensity workout that incorporates periodization techniques to avoid training plateaus. It is recommended participants be at least 16 years of age. **WARNING!** Members should not combine **BODYPUMP** or other sculpting/weight bearing exercises on consecutive days. It is recommended to wait at least 48 hours between these types of classes to allow for adequate muscle repair and recovery and prevent injuries.

BODYSTEP - the energizing step workout that makes you feel liberated and alive! Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear.

BODYFLOW - the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

BODYVIVE 3.1 If you want the optimal mix of strength, cardio and core training this is it. Step into a BODYVIVE 3.1 class and you can be sure you're heading into one of safest and most effective workouts around. The challenging mix of lunges, squats, running and tubing exercises will help you burn up to 490 calories each class*. The great music will leave you fizzing with energy and feeling great.

RPM is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

Jillian Michaels BODY SHRED is a high intensity and endurance based 30 minute workout. Utilizing Jillian's 3-2-1 interval approach: 3 minutes of strength, 2 minutes of cardio, 1 minute of abs you will shed fat, define muscle, transform the look of your entire physique, and dramatically enhance your overall health and athletic performance.



The class that fuses hypnotic latin rhythms and easy to follow moves to create a dynamic and exhilarating hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®!

Spinning® – A great heart pumping workout taught on stationary Spinner® bikes. The workout may consist of endurance rides, strength rides, interval rides and recovery rides. Bring water and a towel and get ready to sweat!

CXWORX - Revolutionary CORE TRAINING! This class really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. It'll help you run faster...play harder...stand stronger! **30 min class**

BODYATTACK is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!

bootybarre - A sexy, energetic, fun workout that fuses fitness techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. And get this... you don't even need any dance experience and you certainly don't need a partner!

Yoga - increase your strength, balance, and flexibility by combining flowing postures with relaxation and breathing techniques. This class will condition your body and mind as well as provide solid base for other fitness disciplines.

LES MILLS

BODYCOMBAT is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Experience the driving music and powerful role model instructors which make BODYCOMBAT™ the world's most popular martial arts group fitness class. During this ultimate warrior workout, you'll strike, punch, kick and kata your way through calories to superior cardio fitness



Channel your inner rockstar with this full body, cardio jam session, inspired by drumming. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and tone while rocking out to your favorite music!

Bender's Gym reserves the right to modify class offerings and program schedules at any time.

Feedback about our Group Fitness Program is welcome! Email groupfitness@bendersgym.com

Join us on 

Staff Hours: Mon-Thur 5a-8:30p; Fri 5a-6p; Sat 8:00a-12p

Childcare Hours: Mon- Fri 8am-11am; Reopens Mon-Thur 3:30pm-8pm & Fri 3:30pm-6pm
Saturday 8:00am-11:30am only

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