



Bender's Gym Group Fitness Schedule November 2017

Hartselle	Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
	5:00am	LES MILLS BODYPUMP Brooke		LES MILLS BODYPUMP Kinsey	LES MILLS RPM Maribeth		9am	LES MILLS BODYPUMP 4 th Anabeth 11 th Elaine 18 th Anabeth 25 th Nancy
	8:30am		Spinning Jelsey		ZUMBA Donna			
	9:00am	LES MILLS BODYPUMP Kinsey		LES MILLS BODYPUMP Elaine			10am	LES MILLS BODYFLOW Elaine
	9:30am		 Rita		 Rita			
	10:00am			 Donna				
	4:30pm	 Melanie		Cardio EXP Heather	LES MILLS RPM Heather			
	5:00pm			LES MILLS CXWORX Heather				
	5:30pm	LES MILLS BODYPUMP Melanie	LES MILLS BODYFLOW Renee		LES MILLS BODYPUMP Laura			

CLASS DESCRIPTIONS

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.

LES MILLS 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.

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.

LES MILLS 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!

Cardio EXP – 30 minute, low impact cardiovascular workout that will leave you fizzing with energy and ready to take on life!

SilverSneakers The signature SilverSneakers classes are designed specifically to help Medicare eligible individuals (65 and older) improve overall fitness. All classes are lead by certified instructors and are appropriate for all fitness levels.

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!

ZUMBA 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®!

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

Join us on

Staff Hours: Mon - Thur 8a-1p & 4p-7p; Fri 8:30a-5p
Childcare Hours: Mon & Wed 8a-11a; Mon-Thur 4p-7p

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

www.bendersgym.com