








Bender's Gym Group Fitness Schedule November 2017


Madison	Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday		
	5:15am	 BODYSHRED Amanda S.							9am	LES MILLS BODYPUMP 4 th Cecilia 11 th Cecilia 18 th Cecilia 25 th Ashley
	9:00am					LES MILLS BODYPUMP Brandon		LES MILLS BODYFLOW Britney D.		
	5:30pm	LES MILLS BODYPUMP Brandon	LES MILLS BODYFLOW Beth	 BODYSHRED Amanda S.	LES MILLS BODYPUMP Brandon				10am	
	6:15pm/ 6:30pm	LES MILLS CXWORX 6:30pm Beth	 STRONG 6:30pm Jillion	LES MILLS BODYFLOW 6:15pm Britney D.	 ZUMBA 6:30pm Jillion					


CLASS DESCRIPTIONS - These classes are appropriate 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.**

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.

 **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®!

 **STRONG** is a high-energy workout, and as part of your sweat session, you'll hit the floor for some intense core exercises. Stop counting the reps. start training to the beat. STRONG by Zumba combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. **In a one-hour class** you burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchange with isometric moves like lunges, squats, and kickboxing. STRONG by Zumba instructors change up the music and moves frequently to make sure you're always challenged to the max.

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 to groupfitness@bendersgym.com

Staff Hours: Mon-Thur 8a-12p & 4p-8p; Fri 8:30a-5:00p
Childcare Hours: Mon-Thur 5p-8p; Sat 9a-12p

www.bendersgym.com

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