# Great Room

APRIL

| Class Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 7:00am | Chisel<br>Shelley | TRX, Core & Weights<br>Jesse | Chisel<br>Shelley | New Year New You w/ Athletic Recovery<br>Jesse | Chisel<br>Shelley | |
| 8:00am | | | | | | Chisel<br>Sandi |
| 8:15am | Senior-cise<br>Sonja | Pi/Yo<br>Angie | Mat Pilates<br>Angie | Pi/Yo<br>Angie | Line Dance<br>Jan | |
| 9:30am | Zumba<br>Candy | Gentle Yoga<br>Debbie | Zumba<br>Candy | Gentle Yoga<br>Debbie | Senior-cise<br>Anita | Senior Sneakers<br>Anita |
| 10:45am | Yoga<br>Sonja | Line Dance<br>Jan | Line Dance<br>Jan | Classic Mat Pilates<br>Debbie | Stable & Strong<br>Kristi | |
| 12:00pm | New Year New You w/ Athletic Recovery<br>Jesse | Zumba<br>Melanie | Strong Body Cardio Fit<br>Jesse | Chair Exercises<br>Mary Ann | Zumba<br>Melanie | |
| 1:15pm | Safe Start<br>Jesse | Barre 360<br>Melanie/Candy | Safe Start<br>Jesse | Cardio Interval<br>Mary Ann | Barre 360<br>Melanie/Candy | |
| 2:30pm | Tai Chi<br>REGISTRATION CLOSED<br>Zai | Metabolic Resistance Training<br>Eddie | Tai Chi<br>REGISTRATION CLOSED<br>Zai | Metabolic Resistance Training<br>Eddie | | |
| 5:00pm | Beginner Line Dance<br>Sandi 45min | Gentle Yoga<br>Angie | Just Dance<br>Kristi | Gentle Yoga<br>Angie | | |
| 5:45pm | Line Dancing<br>Sandi 45min | | | | | |
| 6:15pm | | Yoga Nidra<br>Debbie | | Line Dancing<br>Sandi | | |

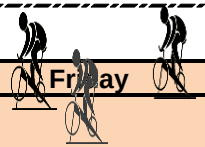
**SOCIAL MEMBER & GUEST PAYMENT OPTIONS**

$125 per month Unlimited Classes

Punch Card: $75 5 Classes Expires After 90 Days

Drop In: $20

# Spinning Room



| Class Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 9:00am | | | | | | Spinning<br>Sandi 45min |
| 5:30pm | | | Spinning<br>Vince | | | |
| 7:00pm | | Spinning<br>Annie | | | | |

# Flex Room

| Class Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 8:00am | | Stretch & Flex<br>Jesse | | | | |
| 9:00am | | | | TRX, Core & Weights<br>Jesse | | |

Classes are 1 Hour unless otherwise indicated

# Class Descriptions

| | |
|---|---|
| **Barre 360** | Full Body & Barre exercises that focus on strength, posture and flexibility. |
| **Cardio Interval Training** | Interval training mixes brief high intensity exercises with low intensity movements to achieve a great cardiovascular workout with low/no impact modifications. Great for all ability levels. |
| **Chair Exercises** | Seated exercise can be challenging and effective for cardio and strength training. This class is great for the first time exercisers or people returning to fitness after illness/injury.<br>Modifications are available to reduce/increase the difficulty of the exercises, all ability levels welcome. |
| **Chisel** | Chisel blends weight training and aerobic exercise for the ultimate 60min workout. By using a wide array of equipment and exercises each class is unique and effective. |
| **Just Dance** | Get your cardio on and your brain activated as you dance choreographed patterns, sprinkled with stamina, for an hour of movement and pure fun. |
| **Line Dance** | Learn basic steps, rhythms and routines choreographed to music. Line dancing is a great cardio workout that helps improve memory and balance while having fun. |
| **Mat Pilates** | A full body workout that focuses on your core while lengthening and strengthening your muscles. A primarily floor based class that uses gravity, body weight and equipment. |
| **Metabolic Resistance Training** | An effective combination of Resistance and Cardio Training that maximizes fat burning and muscle building. By utilizing adjustable circuit exercises this class is easy to follow and perfect for all ability levels. |
| **New Year New You w/ Athletic Recovery** | Don't lose sight of your resolutions!! Circuit training mixes strength and cardio exercises to create a class that is fast paced, results driven, and never repetitive. Each class ends with restorative stretching. |
| **Safe Start** | Offering a relaxed environment with lots of instruction and the ability to ask questions while still delivering safe and effective cardio and strength training. A mostly seated class, standing modifications are available. |
| **Senior Sneakers** | Bentwater's own twist on "Golden Age" Fitness. A blend of seated and standing exercises with fantastic music guaranteed to keep your toes tapping and heart pumping. |
| **Senior-cise** | Enjoy the benefits of cardio exercises without the risk of injury with Senior-cise. A mostly seated class that will get your heart rate up and keep the impact low. Standing modifications available. |
| **Spinning** | High intensity, low impact!! Indoor Cycling or Spinning uses interval, endurance, and strength training to create a fast paced, heart pounding class that is sure to leave you breathless and coming back for more. |
| **Stable & Strong** | This class focuses on increasing stability while stregnthing muscles that support equilibrum to help you grow your confidence to remain stable as you move. Suitable for a wide range of participants with all ability levels. |
| **Strong Body Cardio Fit** | A class that incorporates strength training with cardio intervals. Blending weight, resistance, core, and endurance exercises you get an always exciting full body workout. |
| **TRX & Kettlebells** | The name says it all, this class uses our TRX and Kettlebell equipment for a full body, functional workout. Modifications are available for moderate to advance fitness levels. |
| **Yoga** | Yoga practices postures and proper breathing to align, strengthen and promote flexibility in the body. Yoga helps clear your mind, increase muscle strength and improve posture. |
| **Zumba** | Using easy to learn dance steps and exciting Latin/International music, Zumba is a fun and exciting interval cardio workout. Modifications available for all ability levels. |