



Great Room

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Metabolic Resistance Training 45min Eddie	Stretch Balance Mary Ann	Metabolic Resistance Training 45min Eddie	50-Core Training 45min Mary Ann		
7:00am	Chisel Shelley	New Year New You Jesse	Chisel Shelley	New Year New You Jesse	Chisel Shelley	
8:15am	Senior-cise Sonja	Total Body Pilates Angie	Yoga Angie	Total Body Pilates Angie	Line Dance Jan	
9:30am	Zumba Candy	Gentle Yoga Debbie	Zumba Candy	Gentle Yoga Debbie	Senior-cise Anita	Senior Sneakers Anita
10:45am	Yoga Sonja	Beginner Line Dance Jan	Line Dance Jan	Classic Mat Pilates Debbie	Intermediate Yoga Jill	Flow Yoga Jill
12:00pm		Zumba Melanie	Drumming Cardio Mary Ann	Chair Exercises Mary Ann	Zumba Melanie	
1:15pm		Barre 360 Melanie/Candy	Stretch Balance Mary Ann	Stretch Balance Mary Ann	Barre 360 Melanie/Candy	SOCIAL MEMBER & GUEST PAYMENT OPTIONS \$125 per month Unlimited Classes Punch Card: \$75 5 Classes Expires After 90 Days Drop In: \$20 Classes are 1 hour unless otherwise indicated
2:30pm	Tai Chi Beginner REGISTRATION CLOSED Zai	Metabolic Resistance Training Eddie		Metabolic Resistance Training Eddie	Tai Chi Beginner REGISTRATION CLOSED Zai	
3:45pm	Tai Chi Intermediate Zai	Tai Chi OPEN PRACTICE			Tai Chi Intermediate Zai	
5:00pm		Flow Yoga Jill		Meditation & Stretching Jill		
5:45pm	Line Dancing Sandi 45min					
6:15pm				Line Dancing Sandi		

Water Aerobics in May

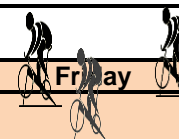
Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am	More classes coming in June	Water Aerobics AT COUNTRY CLUB Deb	Water Aerobics AT COUNTRY CLUB Melanie			Water Aerobics AT COUNTRY CLUB Anita

Flex Room

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am		TRX, Stretch & Foam Rolling Jesse		TRX, Stretch & Foam Rolling Jesse		



Spinning Room



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



Class Descriptions

50-Core	A short but challenging interval workout that targets the abs, back, thighs and glutes with an even mix of standing and floor exercises.
Barre 360	Full Body & Barre exercises that focus on strength, posture and flexibility.
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. 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.
Drumming Cardio	A fun, full body, exercise class that works for all ability levels.
Fusion Cardio	Blending the best parts of drumming, chair exercises, resistance and interval training to make a fun, class that works for everyone.
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.
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	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.
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.
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.
Stretch Balance Class	Stretching and recovery training to relax and regenerate the muscles. Deep, stabilizing muscles are also reached through special balance exercises. This training improves blood circulation, the work of the lymphatic system, and metabolism.
Strong Body Cardio Fit	The best of both worlds, blending strength training and cardiovascular fitness in a one hour class.
Tai Chi	A mind-body exercise that combines slow movements, breathing, and meditation.
TRX, Core & Weights	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.