

# The Athletic Club of Bend

## Cardio / Strength / Conditioning Classes



Coming Soon! New interactive schedule with up to the minute class and club event info

11  
2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Core Conditioning 5:45 - 6:00 am Yvette	Muscle Balance 8:00 - 9:00 am Mindy	Core Conditioning 5:45 - 6:00 am DeeDee	Muscle Balance 8:00 - 9:00 am Lori	Core Conditioning 5:45 - 6:00 am DeeDee	Strength Fusion 8:00 - 9:00 am Rotating	Step Cardio 9:00 - 10:15 am Britni
Strength Fusion 6:00 - 6:45 am Yvette	Bliss Amped 9:15 - 10:15 am Jeralyn	Strength Fusion 6:00 - 6:45 am DeeDee	Zumba 9:15 - 10:15 am Amy	REPS 6:00 - 6:45 am DeeDee	Zumba 9:15 - 10:15 am Rotating	<b>NEW!</b> Bliss Dance 4:15 - 5:15 pm Rotating
<b>NEW!</b> Step & Strength 8:00 - 9:00 am Britni	Cross Fusion G 9:15 - 10:15 am Erin	Step Interval 8:00 - 9:00 am Suzanne	Cross Fusion G 9:15 - 10:15 am Ryan	Step Cardio 8:00 - 9:00 am Britni	Cardio Fre Barre* 10:30 - 11:30 am Lori	
Total Body Intervals G 9:15 - 10:15 am Rachel	Aqua Zumba IP 10:00 - 11:00 am Beth	Strength Fusion 9:15 - 10:15 am Christina	<b>NEW!</b> Aqua Tabata IP 10:00 - 10:45 am Beth	Total Body Intervals G 9:15 - 10:15 am Rachel		
Aqua Fit IP 10:00 - 11:00 am Sue	REPs 12:15 - 1:15 pm Rachel	Shallow Water Aerobics IP 10:00 - 11:00 am Sue	REPs 12:15 - 1:15 pm Rachel	Hydro Reps IP 10:00 - 11:00 am Liza		
Simply Low 10:30 - 11:30 am Suzanne	Cardio Fre Barre* 5:15 - 6:15 pm Lori	Basic Step & Weights 10:30 - 11:30 am Britni	Fre Barre* 5:15 - 6:15 pm Erin F	<b>NEW!</b> Strength & Movement 10:30 - 11:30 am Lori		
Cardio Fre Barre* 10:45 - 11:45 am Lori	<b>NEW!</b> BOSU® Out of Bounds 5:45 - 6:30 pm Mindy	Fre Barre* 10:45 - 11:45 am Beth	Cross Fusion G 5:30 - 6:30 pm Erin	Fre Barre* 10:45 - 11:45 am Suzanne		
Fluid Moves WP 11:00 am - 12:00 pm Barbara		Gasp! 12:00 - 12:45 pm Erin		Fluid Moves Endurance/ AiChi WP 11:00 am - 12:00 pm Liza		
Gasp! 12:00 - 12:45 pm Erin		Completely Core* 12:15 - 12:45 pm Doug		Completely Core 12:15 - 12:45 pm Ryan		
Completely Core* 12:15 - 12:45 pm Doug		<b>NEW!</b> Ultimate Recess G 4:45 - 5:45 pm Lori		Bliss Dance Workout 1:00 - 2:00 pm Jeralyn		
Athletic Conditioning G 4:45 - 5:45 pm DeeDee		Bliss Hip Hop 6:00 - 7:00 pm Sarah				
R.I.P.P.E.D. 6:00 - 7:00 pm Diana						

### CLASS LOCATIONS

All cardio / strength / conditioning classes are held in the Downstairs Studio unless denoted with an asterik. Denoted classes are held in the Upstairs Studio.  
 ♦X-Press: 45 minutes class. Crunched for time and need a challenging workout? Try one of our new X-Press classes.

G = Gym WO = Women's Only \* = Upstairs Studio

IP = Indoor Pool WP = Warm Pool

OP = Outdoor Pool CY = Courtyard

## Group Training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kettlebell Training \$ 5:30 - 6:30 pm Ryan	BBB for Women wo/\$ 9:15 - 10:15 am Jessie	Kettlebell Training \$ 5:30 - 6:30 pm Ryan	BBB for Women wo/\$ 9:15 - 10:15 am Jessie			
	Better Bones & Balance GX/\$ 1:30 - 2:30 pm Elaine		Better Bones & Balance GX/\$ 1:30 - 2:30 pm Elaine			

★ Please note, scheduled classes or instructors may change without notice.

Group Fitness Manager Christina Johansen

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### DESCRIPTIONS

#### ★ CLASS KEY:

GREEN = LIGHT INTENSITY ORANGE = MODERATE INTENSITY RED = HIGH INTENSITY

#### ★ CLASS COMPLEXITY KEY:

◆ = SIMPLE ◆◆ = MODERATE ◆◆◆ = COMPLEX

### WATER EXERCISE CLASSES

For Water Exercise class descriptions please refer to Water Exercise schedule.

### CARDIO CLASSES

◆ **BASIC STEP & WEIGHTS:** A great way to ease yourself into this great cardio workout. Easy to follow directions, a little slower pace and you'll be hooked. Participants can also choose to do class on the floor. Finishing with strength, balance and core work.

◆◆ **BLISS DANCE/AMPED/HIP-HOP:** A FUN cardio workout that invites you to sweat, have fun and lose yourself on the dance floor! You'll dance to a variety of genres including your favorite hip hop routines, jazz, latin and more. Combo class finishes with 15 minutes of strength.

◆◆ **BOSU® OUT OF BOUNDS!:** The ultimate cross-training! This high-energy 45minute total body circuit uses minimal equipment to take you out of your comfort zone and beyond your limits!

◆ **GASPI:** Shift your workout into overdrive! Gasp! is a high intensity interval training class that pushes you to the max. From tabata to sprint training, this workout features a variety of H.I.I.T techniques. Grueling, all out work efforts are alternated with brief recovery periods to provide a total body workout with maximum results.

◆ **SIMPLY LOW:** An easy to follow, fun, low-impact aerobic workout appropriate for everyone followed by strength, balance and core training. Great way to get into shape and keep fit!

◆◆ **STEP CARDIO:** With a focus on a long and fabulous cardio workout, fun combos keep your body and brain busy!

◆◆ **STEP INTERVAL:** Fun step cardio combos with weight/step intervals for a great full body workout.

◆◆ **STEP AND STRENGTH:** A fun way to add strength training into your step routine! Class consists of basic to intermediate step choreography and strength exercises to challenge your brain and improve cardio endurance.

◆◆ **STRENGTH AND MOVEMENT:** The low impact class alternates cardio respiratory intervals with strength based functional movement patterns to regain balance, agility and increase reaction time. Class ends with 15 minutes of core and hip strengthening floor exercises.

◆ **TOTAL BODY INTERVALS:** Using a variety of equipment and combining strength and cardio intervals, this class is a sure way to improve your overall fitness and get lean and strong.

◆◆ **ULTIMATE RECESS:** Make cardio fun again without taking yourself too seriously! This high energy class uses your favorite sports games, functional training & a variety of equipment to improve agility and overall fitness. You'll leave dripping with sweat and feeling like a kid again.

◆◆ **URBAN VIBE:** Give your workout an urban vibe! This high-energy cardio dance class uses the infectious beats of urban Latin & Caribbean club music to burn calories, tone your body and shake up your workout.

◆◆ **ZUMBA:** Its Global! Awesome low impact cardio workout using Latin inspired movements and music.

### CORE CLASSES

◆ **COMPLETELY CORE:** Challenging 30 minute core focused class led by a Personal Trainer. Circuit or traditional guided exercises targeting the abdominals, muscles of the lower back, mid back, glutes, hamstrings, hip flexors and more.

◆ **CORE CONDITIONING:** 15 minutes of abdominal and back work. Designed to improve your stability and core strength.

### STRENGTH AND CONDITIONING

◆◆ **ATHLETIC CONDITIONING:** Designed for the athlete in all of us, this class will give you an equal balance of cardio intervals & athletic strength training for a calorie burning, total body workout. A variety of equipment and training techniques will be used each week to challenge your body with multi-dimensional exercises that will increase your power, agility and balance. All levels welcome.

◆◆◆ **CARDIO FRE|BARRE:** moves at a quicker tempo and we recommend that you attend one of our regular FRE|BARRE classes first.

◆◆ **CROSS FUSION:** A strength and conditioning program that combines movements that require skill, balance, agility, strength and power for a challenging and intense workout.

◆◆ **FRE|BARRE:** Found only at ACB, this workout utilizes a suspended barre as a base this amazing, non-stop blend of powerful movements and graceful strength will challenge your balance and core as well as strengthen and tone the entire body.

◆◆ **KICKBOXING:** Increase your strength and endurance in this martial arts based workout while learning proper punching and kicking techniques. A great athletic workout that will make you feel muscles you didn't know existed!

◆ **REPs:** An intense workout of back-to-back traditional strength moves for overall body conditioning and high caloric expenditure.

◆◆ **R.I.P.P.E.D.:** Resistance, Intervals, Power, Plyometrics and Endurance. The One Stop Body Shock for men and women. Great music, cardio and strength workout with NO dancing. An awesome full body workout with all the components to make you lean and strong. The

best part of this workout is that it is accessible for everyone regardless of fitness level.

◆◆ **STRENGTH FUSION:** Work every muscle, from every angle, in every way. Using all types of equipment this class is a fusion of traditional exercises with functional strength, balance, yoga, body weight and core exercises.

◆ **MUSCLE BALANCE:** A strength and toning based workout focusing on strengthening and lengthening the body, dynamic core strength and improving your sense of balance and stability. Will also work to improve body alignment and correct muscular imbalances.

### GROUP TRAINING

**BBB (BETTER BODY BOOTCAMP):** A women's only small group training circuit that challenges you with a full-body workout. Each class provides a different workout and utilizes a variety of equipment found in the women's only room. Class size allows for consistent feedback and feeling confident in all your movements. \$64/month (8 classes). \$12/class drop-in option is available when space allows. First time class is free.

**BETTER BONES & BALANCE:** A gently paced workout in a small group training setting aimed at improving body alignment, balance, and connection to your core. Helps you improve bone health, balance, core strength and flexibility. 8 week program is 14 classes (no class Oct. 21 & Nov. 11). \$8 per class for full program in advance; \$12 class drop-in. Sign up at Front desk.

**KETTLEBELL TRAINING:** Kettlebells are a popular training tool in the fitness industry. This instructor led training program will give you the tools needed to burn fat, build lean muscle and increase stamina. Next sessions available Nov. 3- 19th & Dec. 1st - 17th. Cost: \$60 members / \$90 non-members. Drop-ins \$14 members/ \$18 non-members. Contact the front desk to sign up.