Larkspur Community Center

"Home of Bend Senior Center"

Fitness Schedule May 1 - June 7th

Class Maximums: Better Brains (20), Cardio & Current Channel (24), Fitness Center Circuit M/W (16), Tu/Thurs(28). Signup available 30 minutes before class time.

	MON	TUES	WED	THURS	FRI	SAT	SUN
Current Channel	7:00-7:50 AM Current Channel Donna		7:00-7:50 AM Current Channel Jane F				
Lifestyle Pool		7:00-7:50 AM Deep/Shallow Toning Molly		7:00-7:50 AM Deep/Shallow Toning Jane F			
Lifestyle Pool	8:00-8:50 AM Mobility Thru Water Carolyn Cr	8:00-8:50 AM Mobility Thru Water Chris Z	8:00-8:50 AM Mobility Thru Water Chris Z	8:00-8:50 AM Mobility Thru Water Molly	8:00-8:50 AM Mobility Thru Water - Carolyn Cr		
Current Channel	9:00-9:50 AM **Cardio** Current Donna	9:00-9:50 AM Current Channel Judi	9:00-9:50 AM **Cardio** Current Kaye	9:00-9:50 AM Current Channel Molly	9:00-9:50 AM **Cardio** Current Kaye	9:00-9:50 AM **Cardio** Current Monica	
Current Channel		10:00-10:50 AM **Cardio** Current - Donna **Beg. May 14th**		10:00-10:50 AM **Cardio** Current - Carolyn **Beg. May 16th**			
Lifestyle Pool	10:00-10:50 AM Mobility Thru Water - Judi		10:00-10:50 AM Mobility Thru Water - Molly		10:00-10:50 AM Mobility Thru Water - Rae	10:00-10:50 AM Mobility Thru Water - Kim Z	
Lifestyle Pool	11:00-11:50 AM Deep/Shallow Whitney	11:00-11:50 AM Warm Water Wellbeing Carolyn Cr	11:00-11:50 AM Deep/Shallow Molly	11:00-11:50 AM Warm Water Wellbeing Carolyn Cr	11:00-11:50 AM Deep/Shallow Whitney		
Current Channel	12:00-12:50 PM Current Channel Whitney	12:00-12:50 PM **Cardio** Channel Whitney	12:00-12:50 PM Current Channel Whitney	12:00-12:50 PM **Cardio** Channel Christy	12:00-12:50 PM Current Channel Whitney		12:00-12:50 PM **Cardio** Current Staff Rotation
Lifestyle Pool	1:00-1:50 PM Deep/Shallow Rae	1:00-1:50 PM Mobility Thru Water - Rae	1:00-1:50 PM Deep/Shallow Whitney	1:00-1:50 PM Mobility Thru Water - Judi	1:00-1:50 PM Deep/Shallow Staff Rotation		
Current Channel		2:00-2:50 PM Current Channel - Donna		2:00-2:50 PM Current Channel - Judi			
Current Channel		5:40-6:30 PM **Cardio** Current - Judi		5:40-6:30 PM **Cardio** Current - Kellie			
Group Ex Room	7:30-8:20 AM Stretch & Strength Kelli	7:45-8:45 AM Cardio Dance Amber	7:30-8:20 AM Stretch & Strength Kelli	7:45-8:45 AM Cardio Dance Amber	7:30-8:20 AM Stretch & Strength Donna		
Community Room	8:30-9:30 AM Strength Tone & Mightier Bone - Alli	8:30-9:30 AM TB Strength & Core Alli	8:30-9:30 AM Strength Tone & Mightier Bone - Char	8:30-9:30 AM TB Strength & Core Alli	8:30-9:30 AM Strength Tone & Mightier Bone - Donna		
Group Ex Room			8:45-9:45 AM Nia - Libby			8:30-9:30 AM Strength Tone & Mightier Bone Janessa	
Mind Body	9:00-9:50 AM Qigong Chris		9:00-10:00 AM Awareness Through Movement - Scott		9:00-10:00 AM Awareness Through Movement - Scott		
Group Ex Room		9:00-9:50 AM Strength & Cond. - Char		9:00-9:50 AM Strength & Cond. - Kim			
Community Room						9:00-10:15 AM F.I.T. - Staff	
Multi-purpose		9:30-10:20 AM Senior Fit Club - Janna	9:30-10:20 AM Senior Fit Club - Judith	9:30-10:20 AM Senior Fit Club - Vanessa			
Group Ex Room	10:00-10:50 AM Functional Fitness Janna		10:00-10:50 AM Functional Fitness Cinda				10:30-11:30 AM TB Strength & Core - Donna

Key	Water	Cardio	Strength	Mind Body	New class or Format Change	! Class Time Change	

Larkspur Community Center 1600 SE Reed Market Road Ph. 541-388-1133 Facility Hours: M-F: 6:00 am - 8:00 pm · Sa 8:00 am - 6:00 pm Sun: 10:00am - 2:00pm

	MON	TUES	WED	THURS	FRI	SAT	SUN
Fitness Center		10:00-11:00 AM Fitness Ctr.Circuit - Alli		10:00-11:00 AM Fitness Ctr.Circuit - Aleta			
Classroom A	10:00-10:50 AM Indoor Cardio Walking - Laura		10:00-10:50 AM Indoor Cardio Walking - Laura		10:00-10:50 AM Indoor Cardio Walking - Laura		
Community Room		10:10-11:10 AM Core/Strength/Cardio Challenge - Kaye		10:10-11:10 AM Core/Strength/Cardio Challenge - Kim			
Mind Body			10:15-11:15 AM Yoga Fundamentals Nicole W		10:15-11:15 AM Yoga Fundamentals Jes	10:15-11:15 AM Yoga Pilates Monica	
Mind Body	10:45-11:45 AM Yoga Fundamentals Jane D	10:30-11:30 AM Yoga Pilates Cinda		10:30-11:30 AM Cardio Drumming Abra			10:30-11:30 AM Restorative Yoga Nicole
Community Room	10:30-11:30 AM Zumba Abra		10:30-11:30 AM Zumba Abra	10:30-11:30 AM Better Brains Alice (Classroom 3)	10:30-11:30 AM Zumba Amber	10:30-11:30 AM Zumba Challey	10:30-11:30 AM Zumba Challey
Group Ex Room		10:30-11:30 AM Cardio Drumming Char					
Group Ex Room			11:00-11:50 AM Line Dance I - Peggy	10:30-11:30 AM Beginning Barre - Rae	11:00-11:50 AM Line Dance I - Peggy		
Community Room		11:15-11:45 AM Express Core - Kaye		11:15-11:45 AM Express Core - Kim			
Classroom A				11:45-12:45 PM Better Brains Alice (Classroom 3)			
Mind Body			11:30 AM-12:30 PM Chair Yoga Nicole W		11:30 AM-12:30 PM Chair Yoga Nicole W		12:00-1:00 PM Super Stretch Nicole W
Group Ex Room	12:10 PM-1:00 PM Fitness Variety - Kim		12:10 PM-1:00 PM Fitness Variety - Kim		12:10 PM-1:00 PM Fitness Variety - Rae		
Community Room	12:00-1:00 PM Restorative Yoga Jane D	12:00-1:00 PM Restorative Yoga Catherina	12:00-1:00 PM Restorative Yoga Kelly	12:00-1:00 PM Restorative Yoga Catherina	12:00-1:00 PM Restorative Yoga Jes		
Community Room	2:00-3:00 PM Tai Chi for 8/24 Movement - Judi		2:00-3:00 PM Tai Chi for 8/24 Movement - Dave		2:00-3:00 PM Chen Style Tai Chi Ed		
Community Room	3:15-4:15 PM Pilates Mat - Judi		3:15-4:15 PM Pilates Mat - Judi				
Mind Body		3:15-4:15 PM Gentle Yoga of Mindfulness April		3:15-4:15 PM Gentle Yoga of Mindfulness April			
Group Ex Room		3:20-4:20 PM Strength Tone & Mightier Bone - Monica		3:20-4:20 PM Strength Tone & Mightier Bone - Monica			
Fitness Center	4:00-5:00 PM Fitness Center Circuit Jane F		4:00-5:00 PM Fitness Center Circuit Jane F				
Group Ex Room	4:30-5:30 PM Bliss Dance - Emily		4:30-5:30 PM Bliss Dance - Emily				
Mind Body		4:30-5:30 PM Yin Yoga - Erin		4:30-5:30 PM Yin Yoga - Carolyn Ca			
Mind Body	5:30-6:30 PM Slow Vinyasa Flow Carolyn Ca		5:30-6:30 PM Slow Vinyasa Flow Carolyn Ca	5:45-6:45 PM Guided Meditation & Breathwork - Becky			
Group Ex Room		5:30-7:00 PM Progressive Line Dance Kim					
Community Room		6:45-7:45 PM Family Zumba in Spanish - Perla		6:45-7:45 PM Family Zumba in Spanish - Perla			**Effective May 1, 2024**
Key	**Water**	**Cardio**	**Strength**	**Mind Body**	**New class or Format Change**	**! Class Time Change**	