




Larkspur Community Center

"Home of Bend Senior Center"

Fitness Schedule March 1 - 31

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.
VC = Class also available virtually. Sign up for virtual classes online at register.bendparksandrec.org.

	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 - Nicole G		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 Molly	9:00-9:50 AM Current Channel Molly	9:00-9:50 AM Cardio Current Rod/Jane D	9:00-9:50 AM Cardio Current Monica	
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	11:00-11:50 AM Deep/Shallow Molly	11:00-11:50 AM Warm Water Wellbeing - Carolyn	11:00-11:50 AM Deep/Shallow Whitney		
Current Channel	12:00-12:50 PM Current Channel Whitney	12:00-12:50 PM Cardio Current Staff	12:00-12:50 PM Current Channel Whitney	12:00-12:50 PM Cardio Current Christy	12:00-12:50 PM Current Channel Whitney		
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 Sue		
Current Channel		2:00-2:50 PM Current Channel Nicole G		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 Nicole G			
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 VC Strength Tone & Mightier Bone Alli	8:30-9:30 AM VC TB Strength & Core Alli	8:30-9:30 AM VC Strength Tone & Mightier Bone Donna	8:30-9:30 AM VC TB Strength & Core Alli	8:30-9:30 AM VC Strength Tone & Mightier Bone Donna		
Group Ex Room						8:30-9:30 AM Strength Tone & Mightier Bone Janessa	
Mind Body	9:00-10:00 AM Tai Chi/Qigong Exploration - Ed						
Group Ex Room		9:00-9:50 AM Strength & Cond. Donna	9:00-9:45 AM Cardio Drumming Express - Julie	9:00-9:50 AM Strength & Cond. Kim D			
Community Room						9:00-10:15 AM VC F.I.T. - Kim D	
Multi-purpose Room		! 9:40-10:30 AM Senior Fit Club Janna	! 9:40-10:30 AM Senior Fit Club Judith	! 9:40-10:30 AM Senior Fit Club Vanessa			
Fitness Center		10:00-11:00 AM Fitness Ctr.Circuit Alli		10:00-11:00 AM Fitness Ctr.Circuit Aleta			
Key	Water	Cardio	Strength	Mind Body	New class or name change	! Time Change	

	MON	TUES	WED	THURS	FRI	SAT	SUN
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
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 VC Core/Strength/ Cardio Challenge Kaye		10:10-11:10 AM VC Core/Strength/ Cardio Challenge Kim D			
Mind Body			10:15-11:15 AM Yoga Basics Nicole W		10:15-11:15 AM Yoga Basics Jes	10:15-11:15 AM Yoga Pilates Monica	
Mind Body	10:45-11:45 AM Yoga Basics Barb	10:30-11:30 AM Yoga Pilates Cinda	10:30-11:30 AM Better Brains Alice (Classroom 3)	10:30-11:30 AM Beginning Barre Rae			10:30-11:30 AM Restorative Yoga Nicole W
Community Room	10:30-11:30 AM VC Zumba Lindsey		10:30-11:30 AM VC Zumba Lindsey	10:30-11:30 AM Better Brains Alice (Classroom 3)	10:30-11:30 AM VC 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 Julie		10:30-11:30 AM Cardio Drumming Julie			
Community Room		11:15-11:45 AM Express Core Kaye		11:15-11:45 AM Express Core Kim D			
Mind Body	11:30 AM-12:30 PM Chair Yoga Brandy (Classroom A)		11:30 AM-12:30 PM Chair Yoga Nicole W		11:30 AM-12:30 PM Chair Yoga Brandy		12:00-1:00 PM Roll & Release Nicole W
Community Room	12:00-1:10 PM Restorative Yoga Barb	12:00-1:10 PM Restorative Yoga Catherina	12:00-1:10 PM Restorative Yoga Kelly	12:00-1:10 PM Restorative Yoga Barb	12:00-1:10 PM Restorative Yoga Jes		
Group Ex Room	12:10-1:00 PM Fitness Variety Kim D		12:10-1:00 PM Fitness Variety Kim D		12:10-1:00 PM Functional Fitness Rae		
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 VC Pilates Mat - Judi		3:15-4:15 PM VC Pilates Mat - Judi				
Mind Body		3:15-4:15 PM Gentle Yoga for Mindfulness Erin/Jane		3:15-4:15 PM Gentle Yoga for Mindfulness Becky			
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				
Mind Body		4:30-5:30 PM Yin Yoga - Erin		4:30-5:30 PM Yin Yoga - Carolyn			
Group Ex Room	4:30-5:30 PM Bliss Dance Emily		4:30-5:30 PM Bliss Dance Emily				
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 Carolyn Ca			
Group Ex Room		5:30-7:00 PM Progressive Line Dance - Kim					
Group Ex Room				6:45-7:45 PM Family Zumba in Spanish - Perla			
Mind Body		6:45-7:45 PM Family Zumba in Spanish - Perla					Effective March 1
Key	Water	Cardio	Strength	Mind Body	 Name change	! Time Change	



Larkspur Community Center

"Home of Bend Senior Center"

Fitness Schedule April 1 -30

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.
VC = Class also available virtually. Sign up for virtual classes online at register.bendparksandrec.org.

	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 - Nicole G		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 Molly	9:00-9:50 AM Current Channel Molly	9:00-9:50 AM Cardio Current Rod/Jane D	9:00-9:50 AM Cardio Current Monica	
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	11:00-11:50 AM Deep/Shallow Molly	11:00-11:50 AM Warm Water Wellbeing - Carolyn	11:00-11:50 AM Deep/Shallow Whitney		
Current Channel	12:00-12:50 PM Current Channel Whitney	12:00-12:50 PM Cardio Current Nicole G	12:00-12:50 PM Current Channel Whitney	12:00-12:50 PM Cardio Current Christy	12:00-12:50 PM Current Channel Whitney		
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 Sue		
Current Channel		2:00-2:50 PM Current Channel Nicole G		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 Nicole G			
Group Ex Room	! 7:15-8:15 AM Stretch & Strength Kelli	7:45-8:45 AM Cardio Dance Amber	! 7:15-8:15 AM Stretch & Strength Kelli	7:45-8:45 AM Cardio Dance Amber	! 7:15-8:15 AM Stretch & Strength Donna		
Community Room	8:30-9:30 AM VC Strength Tone & Mightier Bone Alli	8:30-9:30 AM VC TB Strength & Core Alli	8:30-9:30 AM VC Strength Tone & Mightier Bone Donna	8:30-9:30 AM VC TB Strength & Core Alli	8:30-9:30 AM VC Strength Tone & Mightier Bone Donna		
Group Ex Room						8:30-9:30 AM Strength Tone & Mightier Bone Janessa	
Mind Body	9:00-10:00 AM Tai Chi/Qigong Exploration - Ed						
Group Ex Room		9:00-9:50 AM Strength & Cond. Donna	9:00-9:45 AM Cardio Drumming Express - Julie	9:00-9:50 AM Strength & Cond. Kim D			
Community Room						9:00-10:15 AM VC F.I.T. - Kim D	
Multi-purpose Room		9:40-10:30 AM Senior Fit Club Janna	9:40-10:30 AM Senior Fit Club Judith	9:40-10:30 AM Senior Fit Club Vanessa			
Fitness Center		10:00-11:00 AM Fitness Ctr.Circuit Alli		10:00-11:00 AM Fitness Ctr.Circuit Aleta			
Key	Water	Cardio	Strength	Mind Body	New class or name change	! Time Change	

	MON	TUES	WED	THURS	FRI	SAT	SUN
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
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 VC Core/Strength/ Cardio Challenge Kaye		10:10-11:10 AM VC Core/Strength/ Cardio Challenge Kim D			
Mind Body			10:15-11:15 AM Yoga Basics Nicole W		10:15-11:15 AM Yoga Basics Jes	10:15-11:15 AM Yoga Pilates Monica	
Mind Body	10:45-11:45 AM Yoga Basics Barb	10:30-11:30 AM Yoga Pilates Cinda		10:30-11:30 AM Beginning Barre Rae			! 10:20-11:30 AM Restorative Yoga Nicole W
Community Room	10:30-11:30 AM VC Zumba Lindsey		10:30-11:30 AM VC Zumba Lindsey	10:30-11:30 AM Better Brains Alice (Classroom 3)	10:30-11:30 AM VC Zumba Amber	10:30-11:30 AM ZumbaVC Challey	10:30-11:30 AM Zumba Challey
Group Ex Room		10:30-11:30 AM Cardio Drumming Julie		10:30-11:30 AM Cardio Drumming Julie			
Community Room		11:15-11:45 AM Express Core Kaye		11:15-11:45 AM Express Core Kim D			
Mind Body	11:30 AM-12:30 PM Chair Yoga Brandy (Classroom A)		11:30 AM-12:30 PM Chair Yoga Nicole W		11:30 AM-12:30 PM Chair Yoga Brandy		12:00-1:00 PM Roll & Release Nicole W
Community Room	12:00-1:10 PM Restorative Yoga Barb	12:00-1:10 PM Restorative Yoga Catherina	12:00-1:10 PM Restorative Yoga Kelly	12:00-1:10 PM Restorative Yoga Barb	12:00-1:10 PM Restorative Yoga Jes		
Group Ex Room	12:10-1:00 PM Fitness Variety Kim D		12:10-1:00 PM Fitness Variety Kim D		12:10-1:00 PM Functional Fitness Rae		
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 VC Pilates Mat - Judi		3:15-4:15 PM VC Pilates Mat - Judi				
Mind Body		3:15-4:15 PM Gentle Yoga for Mindfulness Erin/Jane		3:15-4:15 PM Gentle Yoga for Mindfulness Becky			
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	4:00-4:50 PM ! Fitness Center Circuit Jane F		4:00-4:50 PM ! Fitness Center Circuit - Jane F				
Mind Body		4:30-5:30 PM Yin Yoga - Erin		4:30-5:30 PM Yin Yoga - Carolyn			
Group Ex Room	4:30-5:30 PM Bliss Dance Emily		4:30-5:30 PM Bliss Dance Emily				
Group Ex Room	5:15-6:15 PM Roll & Release April (Classroom A)	5:30-7:00 PM Progressive Line Dance - Kim	5:15-6:15 PM Roll & Release Jane F (Classroom A)				
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 Carolyn Ca			
Group Ex Room				6:45-7:45 PM Family Zumba in Spanish - Perla			
Mind Body		6:45-7:45 PM Family Zumba in Spanish - Perla					Effective April 1
Key	Water	Cardio	Strength	Mind Body	New class/name	! Time Change	