




# Larkspur Community Center

## "Home of Bend Senior Center"

### Fitness Schedule January 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 - Carolyn Cr		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 <b>Cardio</b> Current Donna	9:00-9:50 AM Current Channel Judi	9:00-9:50 AM <b>Cardio</b> Current Molly	9:00-9:50 AM Current Channel Molly	9:00-9:50 AM <b>Cardio</b> Current Rod/Jane D	9:00-9:50 AM <b>Cardio</b> 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 <b>Cardio</b> Channel Kim Z	12:00-12:50 PM Current Channel Whitney	12:00-12:50 PM <b>Cardio</b> Channel 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 Staff		2:00-2:50 PM Current Channel Judi			
Current Channel		5:40-6:30 PM <b>Cardio</b> Current Judi		5:40-6:30 PM <b>Cardio</b> Current Carolyn			
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 <b>VC</b> Strength Tone & Mightier Bone Alli	8:30-9:30 AM <b>VC</b> TB Strength & Core Alli	8:30-9:30 AM <b>VC</b> Strength Tone & Mightier Bone Donna	8:30-9:30 AM <b>VC</b> TB Strength & Core Alli	8:30-9:30 AM <b>VC</b> 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 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 <b>VC</b> F.I.T. - Kim D	
Multi-purpose Room		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			
Fitness Center		10:00-11:00 AM Fitness Ctr.Circuit Alli		10:00-11:00 AM Fitness Ctr.Circuit Aleta			
<b>Key</b>	<b>Water</b>	<b>Cardio</b>	<b>Strength</b>	<b>Mind Body</b>	<b>New class</b>	<b>Time Change</b>	

	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 Abra/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 Becky (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 Super Stretch Nicole W
Community Room	12:00-1:00 PM Restorative Yoga Barb	12:00-1:00 PM Restorative Yoga Catherina	12:00-1:00 PM Restorative Yoga Kelly	12:00-1:00 PM Restorative Yoga Barb	12:00-1:00 PM Restorative Yoga Jes		
Group Ex Room	12:10 PM-1:00 PM Fitness Variety Kim D		12:10 PM-1:00 PM Fitness Variety Kim D		12:10 PM-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	4:45-5:45 PM Winter Sports Cond Monica			
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					
Community Room		6:15-7:15 PM Family Zumba in Spanish - Perla		6:15-7:15 PM Family Zumba in Spanish - Perla			Effective January 1
Key	Water	Cardio	Strength	Mind Body	 New class	! Time Change	