

WEEKLY FITNESS SCHEDULE

FALL 2016

SOUTHWEST COMMUNITY CENTER

| TIME | MON | TUES | WED | THURS | FRI | SAT | SUN |
|---------------------------------------|--|---|--|---|--|---|---|
| 6:00am 7:00am | Cardio Kickstart Gail | Power Yoga Amy | Morning Blast Gail | Power Yoga Amy | Blast 'n' Chill Gail | | |
| (In Gym) 6:00 am 8:00 am | Circuit City John--in gym 6:00-8:00 *drop in | Circuit City John--in gym 6:00-8:00 *drop in | Circuit City John--in gym 6:00-8:00 *drop in | Circuit City John--in gym 6:00-8:00 *drop in | Circuit City John--in gym 6:00-8:00 *drop in | | |
| 7:10am 8:10am | 20-20-20 Ally | Pilates Method Level 2 Maya | 20-20-20 Ally | Pilates Method Level 2 Maya | 20-20-20 Ally | Power Yoga Alexia 7:15-8:15 | |
| 8:20am 9:25am | Dance, Dance Dance! Linda | S.P.F. (Boomer Fitness) Linda 8:20-9:40 | Dance, Dance Dance! Paula | Super Fit Gail 8:20-9:40 | Dance, Dance Dance! Paula | Zumba Kimo 8:30 - 9:30 | |
| 9:35am 10:35am | Boot Camp PLUS Victoria 9:35-10:50 | Yoga Jim G. 9:50-10:50 | Boot Camp PLUS Victoria 9:35-10:50 | Yoga Anna 9:50-10:50 | Boot Camp Victoria 9:35-10:50 | Cardio Camp Michael | Body Blitz Paula 9:10 - 10:00 |
| 11:00am 11:55am | Instructor Training | The Time of Your Life (Boomer Fitness) Anna | S.P.F. (Boomer Fitness) Linda | The Time of Your Life (Boomer Fitness) Anna | Super Fit John 11:00-12:00 | Super Fit Gail 11:00-12:00 | Dance, Dance, Dance! Paula 10:15 - 11:15 |
| 12:05pm 1:00pm | Heavy Metal Gail 12:00-1:00 | Zumba Kimo | Heavy Metal Gail 12:00-1:00 | Zumba Michelle | Barre 2 Victoria | Burn 'n' Firm Laurie | Boot Camp John 11:30 - 12:30 |
| 1:05pm 2:00pm | Pilates Method Anna 1:10-2:05 | Beginning Tai Chi Diane | Pilates Method Anna 1:10-2:05 | Advanced Tai Chi Diane | Pilates Method Danita | Deep Stretch Yoga Gail 1:10-2:10 | Zumba Jasmine 12:45 - 1:45 |
| 2:05pm 3:05pm | Yoga Anna 2:10-3:10 | Silver Streaks Phyllis | Yoga Anna 2:10-3:10 | Silver Streaks Phyllis | Pre Ballet & First Steps in Group Ex Studio See Youth Programming in Guide. For Details Call 503-823-2850 | | |
| 3:10pm 3:55pm | Zumba Gold Kimo 3:15-4:15 | Gentle Tai Chi Diane | Zumba Gold Kimo 3:15-4:15 | bootybarre Ethan | | | |
| 4:00pm 4:20pm | | Ab Fab Morgan | | Ab Fab Morgan | | Gentle Yoga Kate 4:00 - 5:00 | |
| 4:25pm 5:25pm | bootybarre Ethan | BodyBuff Morgan | bootybarre Ethan | BodyBuff Morgan | | | |
| 5:30PM 6:30PM | Cardiocore Morgan | Heavy Metal Morgan | Cardiocore Morgan | Heavy Metal Morgan | Zumba Gold Kimo | | |
| 6:35PM 7:35PM | Triple Threat Morgan | Yoga Amy | Triple Threat Chris | Yoga Amy | Zumba Kimo | | |
| 7:45PM 8:45PM | Yoga Nurit 8:00-9:00 | Zumba Sarah | | Belly Dance Ahndine | Hip Hop Kimo | | |

CLASSES FOR EVERY AGE, SHAPE & FITNESS LEVEL

THE GROUP EXERCISE SCHEDULE IS SUBJECT TO CHANGE.
PLEASE CALL 503.823.2840 FOR THE MOST UP-TO-DATE INFORMATION.

| | | |
|--------------------------------|---|--|
| BEGINNER | <p>SILVER STREAKS: Gentle exercise incorporating an active warm-up, chair and standing work, stretching and strengthening to promote flexible joints, stronger muscles, and healthier backs. Special rehabilitative exercises are included to enhance balance.</p> <p>20-20-20: This is a contemporary, cutting-edge variable class format consisting of 20 min of non-impact aerobics, 20 min of strength training, and 20 min of func-</p> | INTERMEDIATE <p>AB FAB: Twenty minutes of intense abdominal strengthening exercises giving you a stronger, leaner core.</p> <p>ZUMBA: A high energy combination of Latin/Reggae and Salsa dance steps, sure to rock your socks off! No previous dance experience necessary!</p> <p>CARDIO CAMP: Straightforward intense floor aerobics followed by abdominal and flexibility work. A great way to start your weekend!!</p> <p>S.P.F. (Strength, Power cardio, and Flexibility, BOOMER FITNESS): Simple athletic cardio, this aint no dance class! Plus straightforward weight training to gain strength for functional movement, strong core-work, and a longer flexibility segment to improve joint health and mobility.</p> |
| BEGINNER / INTERMEDIATE | <p>HIP HOP: Smooth out your groove with easy to learn contemporary hip hop moves. A fun workout that will make an hour of total-body exercise fly by! All teens welcome.</p> <p>THE TIME OF YOUR LIFE (BOOMER FITNESS): A brilliant mix of floor cardio, cardio-strength, muscular endurance, core training, yoga, Pilates, and balance work. Designed specifically for Baby Boomers!</p> <p>ZUMBA GOLD: Specifically designed to take the exciting Latin and International dance rhythms created in the original Zumba and bring them to the active older adults, beginner participants and other special populations that may need modifications for success.</p> | INTERMEDIATE / ADVANCED <p>BURN 'N' FIRM: Get your sweat on in this fat burning, muscle firming workout! Cardio and weights strengthen the body inside and out.</p> <p>DANCE, DANCE, DANCE! 40-50 minutes of continuous movement done to music styles as diverse as Classic Rock, Mad Men standards, Hip Hop, Latin, Disco, Swing, African Rhythms and more!! Fun fast-paced choreography keeps your brain engaged as you leap, turn, twist and twirl your way into a sleeker physique!! Finish with strength and power moves and comprehensive core training!</p> <p>CIRCUIT CITY: Box, pump, and Jam your way through different strength and cardio workout stations in this awesome circuit training class. Drop in for however long you want your workout to last, you pick the duration!</p> <p>TRIPLE THREAT: A jam packed class that challenges you in several ways. You will use a variety of equipment to build strength and cardiovascular stamina through both traditional and functional training methods. A great way to finish off your day!</p> |
| MIND/BODY | <p>TAI CHI: Tai Chi is a slow, gentle exercise and is a practice in body awareness and intentional movement. Classes include warm-up exercises to strengthen core and legs, and to improve flexibility and balance. Three different levels of tai chi are offered: Gentle Tai Chi (especially focused on improving balance), Beginning Tai Chi, and Advanced Tai Chi.</p> <p>DEEP STRETCH YOGA: A light, relaxing class to bring a renewed sense of balance and calm. This class focuses on gentle movement, flexibility, and relaxation.</p> <p>GENTLE YOGA: Wrap up your busy week with this light, relaxing yoga experience! This class focuses on deep breathing techniques and soft muscle conditioning.</p> <p>PILATES METHOD: Pilates exercises have long been renowned for producing long, lean physiques. Exercises focus on the body's core muscles (abs and back) and are gentle in nature. Pilates Method 2 is the next step up with intermediate level exercises.</p> <p>YOGA: Enjoy a renewed sense of balance and calm in a mixed - level yoga session. Improve your health, tone your muscles and internal organs, and strengthen your bones. You don't have to twist yourself into a pretzel to do yoga; yoga is for everyone!</p> <p>POWER YOGA: Start your day in a powerful way with this challenging yet regenerative yoga class.</p> <p>BELLY DANCE: Get a great core workout, strengthen and tone your entire body while learning this graceful form of ethnic dance!</p> <p>BARRE 2: Develop the long lean musculature of a dancer with traditional Barre class moves. Then hype up your strength and add definition with weighted bar exercises and comprehensive core work developed specifically to enhance that ballerina body!</p> <p>BOOTYBARRE: a fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. bootybarre is the perfect combination of strength and flexibility with an added cardiovascular element utilizing the barre.</p> | ADVANCED <p>BODYBUFF: Tough, straightforward muscle work for lean muscle definition and better body confidence. Uses a variety of strength training devices and philosophies.</p> <p>MORNING BLAST: This fast-paced, ever-changing mix of strength + cardio exercises keeps muscles guessing and minds from becoming bored. This class uses a variety of formats and equipment!</p> <p>CARDIO KICKSTART: Kickstart your day! Kickstart your week! 30 minutes alternating blocks of high and intermediate intensity cardio, followed by 15 minutes of strength training, and 5 minutes of flexibility training. Get up! Get out! Get on with your day!</p> <p>BLAST 'N' CHILL: End your work week blasting through 40 minutes of cardio and strength, followed by 20 minutes of deep stretching.</p> <p>BOOT CAMP: Boot Camp offers you the benefits of a basic training cardio work, and Top Gun full body weight training! Finish up with a world class abdominal session, and soothing head to toe stretch</p> <p>BOOT CAMP PLUS: The same great class you've been loving, we just made it better by extending the time 15 minutes to include an optional enhanced flexibility section, designed to increase motion, mobility, and function of the joints to augment athletic power!</p> <p>HEAVY METAL: Use Kettlebells, a secret weapon of Olympic athletes to shape up from head to toe quickly!</p> <p>BODY BLITZ: This class features alternating cardio bursts and super strength training intervals with a cool Pilates flavor, all focusing on the Step!</p> <p>CARDIOCORE: 40 minutes of hardcore cardio, 15 minutes of abs, and stretching...1 hour and DONE!</p> <p>SUPER FIT: Utilize the best of Tabata and HIIT training for a fast paced, full body workout!</p> |

ALL GROUP EXERCISE CLASSES ARE FREE WITH DAILY, 10 VISIT, 20 VISIT, OR ACTIVE PASS.
YOUTH 13 YEARS AND OLDER WELCOME.

