

# MJCC Adult Group Exercise Class Schedule

## as of June 16

Classes are free to members and day pass users 13 years of age and older. No registration required. All classes are 55 minutes unless otherwise noted in parentheses, and may change without notice.

### Studio I

Studio I	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 am			Yoga		Yoga		
8:00 am		Nia		Nia		Nia	
8:15 am	Yoga						
8:30 am			Pilates		Pilates		
9:00 am		Yoga		Yoga		Yoga	Nia
9:30 am			Gentle Yoga		Gentle Yoga		
10:00 am		Zumba		Zumba		Zumba	
10:45 am			Forever Fit (85)		Forever Fit (85)		
11:00 am	Senior Strength + Balance	Gentle Pilates		Gentle Pilates			Yoga
11:30 am							
12:00 pm		Gentle Yoga		Gentle Yoga			
12:30 pm					Tai Chi for Falls Prevention	Tai Chi Intermediate (all levels)	
2:00 pm		Chair Yoga		Chair Yoga			
4:00 pm	Zumba				Gentle Yoga		
5:00 pm						Happy Hour Yoga	
5:30 pm			Yoga				
6:30 pm		Yoga		Yoga	Yin Yang Yoga		

### Studio II

Studio II	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 am		BODYPUMP™		BODYPUMP™			
8:00 am			Cycle		Cycle		
8:15 am	Cycle Yoga						Cycle
8:30 am							
9:00 am		The Body Shop	Cardio Circuit (30)	The Body Shop	The Body Shop		
9:30 am	BODYPUMP™						BODYPUMP™
10:30 am	Pilates		Osteoarthritis Pilates				
10:45 am							
11:00 am		Core Strength + Movement				Core Strength + Movement	
5:30 pm		Cycle	The Body Shop				
6:00 pm					BodyArt		
6:30 pm		BODYPUMP™		BODYPUMP™			

### Main Pool

Main Pool	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 am		Masters Swim		Masters Swim		Masters Swim	
7:30 am			Aqua Power		Aqua Power		
8:15 am							Aqua Power
9:00 am		Aquarobics	Aquarobics	Aquarobics	Aquarobics	Aquarobics	
9:15 am							Aquarobics
6:30 pm			Masters Swim		Masters Swim		

### Warm Pool

Warm Pool	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45 am			Ai Chi		Ai Chi		
10:00 am		Arthritis Exercise	Arthritis Exercise	Arthritis Exercise	Arthritis Exercise	Arthritis Exercise	
6:00 pm		Water Fusion		Water Fusion			

## Sign up for the email fitness alert

Sign up for our email fitness alert at [oregonjcc.org/fitness](http://oregonjcc.org/fitness) to receive updates on class changes and cancellations.



# Free Adult Group and Aquatic Exercise Class Descriptions

For class times, visit [oregonjcc.org/group\\_exercise](http://oregonjcc.org/group_exercise). Check out drop-in childcare online.

## Adult Group Exercise Classes

### BodyArt

Integrates unique flowing sequences with active moves, controlled postures, and physiotherapy training guided by breath to promote strength, flexibility, balance, and awareness. *Instructor: Christina*

### The Body Shop

Push your limits with a class that combines cardio, strength, balance, and flexibility. Focus on HIIT training concepts, functional movements, and overall total body conditioning for a long, lean, strong body.

*Instructors: Alex N., Alex S., Hilary, Jessica*

### BODYPUMP™

BODYPUMP™ is for anyone looking to get lean, toned, and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. It will burn up to 430 calories. Instructors will coach you through the scientifically-proven moves and techniques. *Instructors: Aprill, Julie, April, Christine, Amy D., Kai, Donna*

### Cardio Circuit

Use HIIT principles in this 30-minute intense circuit training to increase performance in a group setting and challenge the limits of your fitness. Be efficient in your fitness movement and workout time.

*Instructor: Payton*

### Core Strength + Movement

Sculpt a strong mid-section, while focusing on functional training concepts that will take your workouts from inside the gym and incorporate them into your everyday life. Whether you are a long distance runner, bodybuilder, or just looking to get fit, training with functional concepts is a must in order to be strong and healthy. Suitable for all fitness levels. *Instructor: Alex N.*

### Cycle

Sprint, climb, spin, and sweat in this high energy group biking experience set to powerful music. This cardio workout is done on a stationary bike and is based on cycle principles which focus on cadences, heart-rate zones, drills, climbs, and sprints.

*Instructors: Jennifer, Amy D., Meagan, Osh*

### Forever Fit

Move it, strengthen it, and stretch it in this mixed-format class. Guaranteed to work all your muscles, including your heart. Great for beginners and active seniors. *Instructor: Robin*

### Nia

Recharge, rejuvenate, and come alive with this blend of dance, martial, and healing arts! Nia stimulates body, mind, and spirit. Great for all fitness levels. *Instructors: Patricia, Carol G.*



### Pilates - Gentle

Perfect for those new to Pilates who prefer a slower pace or have injuries or disabilities. Includes movements to improve core strength, balance, and flexibility. *Instructor: Kelsey*

### Pilates - (Mat)

Improve range of motion, postural strength and balance, abdominal strength, stability and control, and learn the body's awareness to its position in space. (For private Pilates Reformer call 971.803.7309.)

*Instructors: Kelsey, Julie*

### Pilates - Osteoarthritis

Pilates movements lengthen your body and can help relieve soreness. Stretching is thought to help with blood flow and the delivery of nutrients to muscles and tendons. *Instructor: Angie*

### Senior Strength + Balance

Seniors can experience strength gains later in life and practice balance moves to reduce the likelihood and seriousness of falling and other common movement injuries. *Instructor: Jessica*

### Tai Chi for Falls Prevention

Improve balance, mobility, and flexibility while also increasing muscular strength and reducing blood pressure. This class consists of a series of individual dance-like movements and forms that flow smoothly and gently from one to the other in a sequence.

*Instructor: John*

### Yoga - Chair

Designed for seniors, people with physical challenges, or anyone wanting a slower-paced exercise program. Yoga poses focus on balance, strength, and flexibility using a chair. *Instructor: Amy*

### Yoga - Cycle

This class combines 30 minutes of high intensity cycling followed by 25 minutes of yoga. Cycling is a combination of hills, endurance and speed set to a beat of fun energizing music. Yoga will focus on strength and lengthening, using a Vinyasa yoga sequence. For all fitness levels. *Instructor: Sabra*

### Yoga - Gentle Hatha

This yoga class is a blend of Iyengar (alignment focus), a bit of Viniyoga (moving with breath), and Anusara influence (mind, body, spirit).

Perfect for beginners, people with injuries or disabilities, or those who just want to take it a bit easier. *Instructors: Amy, Tara*

### Yoga - Happy Hour

Leave your week's mental and physical stress behind. Enter Shabbat and the weekend clear, calm, and refreshed. Experience the tranquility of Vinyasa Yoga mixed with a spark of spirituality. Everyone and all levels welcome. *Instructor: Nurit*

### Yoga - Vinyasa

Flow through this class focusing on meditative breath, body strength, proper body alignment in asanas (postures), flexibility, and balance. A variety of levels are available. *Instructors: Tara, Carol M.*

### Yoga - Yin Yang

A series of long-held floor poses, gently targeting the deep connective tissue of the hips, pelvis, legs, and low back. Can be an entry level yoga practice or complement a more active practice. *Instructor: Sabra*

### Zumba

Dance your way to fitness, with Latin and international rhythms.

Maximize caloric output, burn fat, and tone your body in a fun, party-like atmosphere. *Instructors: Monica, Sandy, Carol G., Amanda*



## Aquatic Exercise Classes

### Aquarobics

This no-to-low impact class is perfect for those looking to start a fitness routine or add variety to an existing one. The water provides buoyancy for support while you build a strong body. Great for rehabilitating after injuries. *Instructors: Holly, Chris, Amy*

### Aqua Power

High energy routines let you burn the most calories while still enjoying a no-to-low impact workout. Get ready to heat it up in our cool pool! *Instructors: Chris, Amy*

### Masters Swimming

Keep fit and work out with Masters Swimming. Our evening Masters swim program is led by long-time member volunteer Ronald Cobb.

### Arthritis Exercise

*(In association with the Arthritis Foundation)*

Warm water is the ideal environment for relieving arthritis pain and stiffness. This class will help you gain flexibility, range of motion, and strength while relieving pain. Also appropriate for persons without arthritis. *Instructors: Holly, Chris*

### Ai-Chi

This meditative class combines deep breathing with progressive movements of the arms, legs, and torso. Based on Tai-Chi, Ai-Chi helps improve balance and range of motion and promotes relaxation and cardiovascular health. *Instructor: Dick*

### Water Fusion (Fusion Exercise/Stretching)

Use the warm water to stretch far beyond ordinary limits. Drawing on the latest physiological knowledge, focus on breathing deeply, stretching, and relaxing. *Instructor: Holly*