

# group fitness schedule

(Fall 2020)

## SUNDAY

10:00 am  
*Senior Strength and Balance*  
Jessica

12:00 pm  
*Zumba*  
Amanda

## MONDAY

8:00 am  
*Gentle Yoga/ Pilates NEW!*  
Tara

9:00 am  
*Yoga*  
Tara

10:15 am  
*Zumba*  
Mandy

## TUESDAY

7:15 am  
*Yoga*  
Tara

8:30 am  
*Pilates*  
Tara

9:45 am  
*Gentle Yoga*  
Tara

11:00 am  
*Forever Fit*  
Jessica

## WEDNESDAY

8:00 am  
*Gentle Yoga/ Pilates NEW!*  
Tara

9:00 am  
*Yoga*  
Tara

10:15 am  
*Zumba*  
Sandy

12:00 pm  
*Re-Introduction to Strength Training NEW!*  
Julie

## THURSDAY

7:15 am  
*Yoga*  
Tara

8:30 am  
*Pilates*  
Tara

9:45 am  
*Gentle Yoga*  
Tara

11:00 am  
*Forever Fit*  
Jessica

## FRIDAY

8:00 am  
*Gentle Yoga*  
Tara

9:00 am  
*Yoga*  
Tara

9:30 am  
*Senior Strength and Balance*  
Jessica

10:15 am  
*Zumba*  
Sandy

## SATURDAY

*Don't forget to check out free on demand Les Mills at home workouts:*  
<https://watch.lesmillsondemand.com/at-home-workouts>

Classes are 55 minutes.  
All classes are open to members only.  
  
Visit [oregonjcc.org/zoom](http://oregonjcc.org/zoom) to find the login information. The password to this page has been emailed to all members. If you need the password, contact us at [mjcc@oregonjcc.org](mailto:mjcc@oregonjcc.org).

Questions?  
Contact Joe at [jseitz@oregonjcc.org](mailto:jseitz@oregonjcc.org)



# group fitness

## class descriptions

### ***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.

### ***Pilates***

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.

### ***Re-introduction to Strength Training NEW!***

A gentle, introductory class for people new, or returning to strength training. Explore safe technique in the beginning to develop strength and learn the foundations for using equipment safely.

### ***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.

### ***Yoga - Gentle***

This class is a blend of Iyengar (alignment focus), a bit of Viniyoga (moving with breath), and Anusara influence (mind, body, spirit). Perfect for beginners or people with injuries or disabilities.

### ***Yoga***

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

### ***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.

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All classes are open to members only.

Visit [oregonjcc.org/zoom](https://oregonjcc.org/zoom) to find the login information. The password to this page has been emailed to all members and is updated monthly. If you need the password, contact us at [mjcc@oregonjcc.org](mailto:mjcc@oregonjcc.org).

Questions?  
Contact Joe at [jseitz@oregonjcc.org](mailto:jseitz@oregonjcc.org)

