

# group fitness schedule

(February 1, 2021)

**SUNDAY**

10:00 am  
*Senior Strength  
and Balance*  
Jessica

**MONDAY**

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

9:00 am  
*Yoga*  
Tara

10:15 am  
*Zumba Gold*  
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**

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)

***Don't forget to check out free on demand***

***Les Mills at home workouts:***

<https://watch.lesmillsondemand.com/at-home-workouts>



# 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 Vinyoga (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.

### **Zumba Gold NEW!**

Zumba Gold is done at a much lower intensity. It's just as much fun just not as fast! Zumba Gold utilizes the same great Latin styles of music and dance allowing you time to learn the steps that are used in Zumba basic program.

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

