

group fitness schedule

(June 14, 2021)

SUNDAY

10:00 am
Senior Strength and Balance
Jessica

MONDAY

8:00 am
Gentle Yoga
Amy

9:00 am
Yoga
Amy

10:15 am
Zumba Gold
Mandy

TUESDAY

7:15 am
Yoga
Nurit

8:30 am
Core Strength and Balance
Julie B.

9:45 am
Gentle Yoga
Carol

11:00 am
Forever Fit
Jessica

WEDNESDAY

8:00 am
Gentle Yoga
Makenzie

9:00 am
Yoga
Nurit

10:15 am
Zumba
Sandy

12:00 pm
Re-Introduction to Strength Training
Julie

THURSDAY

7:15 am
Yoga
Nurit

8:30 am
Core Strength and Balance
Julie B.

9:45 am
Gentle Yoga
Carol

11:00 am
Forever Fit
Jessica

FRIDAY

8:00 am
Gentle Yoga
Makenzie

9:00 am
Yoga
Nurit

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 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.

Questions?
Contact Joe at jseitz@oregonjcc.org



group fitness

class descriptions

Core Strength + Balance

Improve range of motion, postural strength and balance, abdominal strength, stability and control, and learn the body's awareness to its position in space.

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.

Re-introduction to Strength Training

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.

Zumba Gold

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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