

group fitness schedule

August 15, 2021

SUNDAY

10:00 am
*Senior Strength
and Balance*

Zoom
Jessica

MONDAY

8:00 am
Aquarobics
Main Pool

9:00 am
Arthritis Exercise
Warm Pool

9:00 am
Yoga
Zoom
Amy

10:30 am
Zumba Gold
Zoom
Mandy

TUESDAY

7:15 am
Yoga
Zoom
Nurit

8:00 am
Aquapower
Main Pool

8:30 am
*Core Strength
and Balance*
Zoom
Julie B.

9:45 am
Gentle Yoga
Zoom
Carol

11:00 am
Forever Fit
Zoom
Jessica

WEDNESDAY

8:00 am
Aquarobics
Main Pool

9:00 am
Arthritis Exercise
Warm Pool

9:00 am
Yoga
Zoom
Nurit

10:30 am
Zumba
Zoom
Sandy

12:00 pm
*Functional Training:
Core + Balance*
Zoom
Julie

THURSDAY

7:15 am
Yoga
Zoom
Nurit

8:00 am
Aquapower
Main Pool

8:30 am
*Core Strength
and Balance*
Zoom
Julie B.

9:45 am
Gentle Yoga
Zoom
Carol

11:00 am
Forever Fit
Zoom
Jessica

FRIDAY

8:00 am
Aquarobics
Main Pool

9:00 am
Arthritis Exercise
Warm Pool

9:00 am
Yoga
Zoom
Nurit

9:15 am
*Senior Strength
and Balance*
Zoom
Jessica

10:30 am
Zumba
Zoom
Sandy

SATURDAY**Location Key:**

◆ **Available on Zoom**

◆ **Available in Person in the Warm Pool**

◆ **Available in Person in the Main Pool**

Classes are 55 minutes.

Visit oregonjcc.org/zoom to find the login information for classes on Zoom. The password to this page has been emailed to all members. If you need the password, contact us at mjcc@oregonjcc.org.

Questions?
Email fitness@oregonjcc.org



group fitness

class descriptions

Aquapower

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!

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.

Arthritis Exercise

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.

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.

Functional Training:

Core and Balance-Low impact class that focuses on strength, balance, and flexibility. Have a chair ready, as this class often incorporates seated and standing exercises.

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

Experience 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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