

# group fitness schedule

## 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

12:15 - 1:00 pm  
*Aqua HIIT*  
*Main Pool*

## TUESDAY

7:15 am  
*Yoga*  
*Zoom*  
Nurit

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

9:00 am  
*Aquapower*  
*Main Pool*

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

12:15 - 1:00 pm  
*Aqua HIIT*  
*Main Pool*

## THURSDAY

7:15 am  
*Yoga*  
*Zoom*  
Nurit

8:30 am  
*Core Strength and Balance*  
*Zoom*

9:00 am  
*Aquapower*  
*Main Pool*

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](http://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](mailto:mjcc@oregonjcc.org).

Questions?  
Email [fitness@oregonjcc.org](mailto:fitness@oregonjcc.org)



# group fitness

## class descriptions

### **Aqua HIIT**

Aqua HIIT is High Intensity (low joint impact) Interval Training. This vigorous aqua-express class will help you burn calories and make the most out of your lunch break.

### **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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Questions?  
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