

group fitness schedule

Free to Members
Starting December 5, 2021

Classes in Blue are in-person at the MJCC. Classes in purple are virtual on Zoom (visit oregonjcc.org/zoom).

SUNDAY

Senior Strength and Balance

10:00 am
Zoom - Jessica

Yoga

10:00 am
Studio I - Amy

Pilates

11:00 am
Studio I - Julie

MONDAY

Nia

8:00 am
Studio I - Patricia

Gentle Yoga

8:00 am
Zoom - Tara

Aquarobics

8:00 am
Main Pool - Chris

Arthritis Exercise

9:00 am
Warm Pool - Chris

Yoga

9:00 am
Zoom - Tara

Zumba Gold

10:30 am
Zoom - Mandy

Chair Yoga

11:00 am
Studio I - Amy

Aqua HIIT

12:15 - 1:00 pm
Main Pool - Jessica

Yoga

5:00 pm
Studio I - Nurit

TUESDAY

Yoga

7:15 am
Zoom - Tara

Cycle

8:30 am
Studio II - Jessica

Pilates

8:30 am
Zoom - Tara

Aqua Power

9:00 am
Main Pool - Amy

Pilates

9:00 am
Studio I - Julie

Gentle Yoga

9:45 am
Zoom - Tara

Forever Fit

11:00 am
Zoom - Jessica

Yoga

12:00 pm
Studio I - Amy

WEDNESDAY

Nia

8:00 am
Studio I - Patricia

Gentle Yoga

8:00 am
Zoom - Tara

Aquarobics

8:00 am
Main Pool - Chris

Arthritis Exercise

9:00 am
Warm Pool - Chris

Yoga

9:00 am
Zoom - Tara

Zumba

10:30 am
Zoom - Sandy

Chair Yoga

11:00 am
Studio I - Amy

Aqua HIIT

12:15 - 1:00 pm
Main Pool - Jessica

Yoga

6:00 pm
Studio I - Carol

THURSDAY

Yoga

7:15 am
Zoom - Tara

Cycle

8:30 am
Studio II - Jessica

Pilates

8:30 am
Zoom - Tara

Aqua Power

9:00 am
Main Pool - Amy

Pilates

9:00 am
Studio I - Julie

Gentle Yoga

9:45 am
Zoom - Tara

Forever Fit

11:00 am
Zoom - Jessica

Yoga

5:00 pm
Studio I - Nurit

FRIDAY

Nia

8:00 am
Studio I - Patricia

Aquarobics

8:00 am
Main Pool - Chris

Arthritis Exercise

9:00 am
Warm Pool - Chris

Yoga

9:00 am
Zoom - Carol

Senior Strength and Balance

9:15 am
Zoom - Jessica

Zumba

10:30 am
Zoom - Sandy

Aqua HIIT

12:15 - 1:00 pm
Main Pool - Amy

SATURDAY



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.

Cycle

Sprint, climb, spin, and sweat in this high energy group biking experience set to powerful music. This cardio workout is done on a stationary bike and is based on cycle principles which focus on cadences, heart-rate zones, drills, climbs, and sprints.

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.

Nia

Recharge, rejuvenate, and come alive with this blend of dance, martial, and healing arts! Nia stimulates body, mind, and spirit. Great for all fitness levels.

Pilates

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

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 - Chair

Chair yoga is a beneficial form of yoga for any fitness level, from active seniors to those recovering from an injury. It has low impact on joints and Improves flexibility.

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.

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

