

# group fitness schedule

Free to Members  
Starting May 31, 2022

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

## SUNDAY

**Yoga**  
9:45 - 10:40 am  
Studio I - Amy

**Senior Strength and Balance**  
10:00 - 10:55 am  
Zoom - Jessica

**Pilates**  
11:00 - 11:55 am  
Studio I - Julie

**Barbell Strength**  
12:00 - 12:55 pm  
Studio II - Julie

## MONDAY

**Nia**  
8:00 - 8:55 am  
Studio I - Patricia

**Aquarobics**  
8:00 am  
Main Pool - Chris

**Arthritis Exercise**  
9:00 am  
Warm Pool - Chris

**Yoga | Yoga**  
9:05 - 10:00 am  
Studio I + Zoom  
Gabrielle

**Zumba Gold | Zumba Gold**  
10:10 - 11:05 am  
Studio II + Zoom  
Mandy

**Chair Yoga**  
11:10 am - 12:05 pm  
Studio I - Amy

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

**Yoga**  
5:00 - 5:55 pm  
Studio I - Nurit

## TUESDAY

**Yoga | Yoga**  
7:15 - 8:10 am  
Studio I + Zoom  
Gabrielle

**Cycle**  
8:30 - 9:25 am  
Studio II - Jessica

**Aqua Power**  
9:00 am  
Main Pool - Amy

**Pilates | Pilates**  
9:00 - 9:55 am  
Studio I + Zoom - Julie

**Gentle Yoga | Gentle Yoga**  
10:05 - 11:00 am  
Studio I + Zoom  
Tai

**Forever Fit | Forever Fit**  
11:05 am - 12:00 pm  
Studio I + Zoom  
Jessica

**Yoga**  
12:05 - 1:00 pm  
Studio I - Amy

**Strength + Cycle**  
12:30 - 1:25 pm  
Studio II - Jessica

**Barbell Strength**  
5:30 - 6:25 pm  
Studio II - Sarah

## WEDNESDAY

**Nia**  
8:00 - 8:55 am  
Studio I - Patricia

**Aquarobics**  
8:00 am  
Main Pool - Chris

**Arthritis Exercise**  
9:00 am  
Warm Pool - Chris

**Yoga | Yoga**  
9:05 - 10:00 am  
Studio I + Zoom  
Gabrielle

**Zumba**  
10:10 - 11:05 am  
Zoom - Sandy

**Chair Yoga**  
11:10 am - 12:05 pm  
Studio I - Amy

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

**Yoga**  
6:00 - 6:55 pm  
Studio I - Gabrielle

## THURSDAY

**Yoga | Yoga**  
7:15 - 8:10 am  
Studio I + Zoom  
Gabrielle

**Cycle**  
8:30 - 9:25 am  
Studio II - Jessica

**Aqua Power**  
9:00 am  
Main Pool - Amy

**Pilates | Pilates**  
9:00 - 9:55 am  
Studio I + Zoom - Julie

**Gentle Yoga | Gentle Yoga**  
10:05 - 11:00 am  
Studio I + Zoom  
Tai

**Forever Fit | Forever Fit**  
11:05 am - 12:00 pm  
Studio I + Zoom  
Jessica

**Strength + Cycle**  
12:30 - 1:25 pm  
Studio II - Jessica

**Yoga**  
5:00 - 5:55 pm  
Studio I - Nurit

## FRIDAY

**Nia**  
8:00 - 8:55 am  
Studio I - Patricia

**Aquarobics**  
8:00 am  
Main Pool - Chris

**Arthritis Exercise**  
9:00 am  
Warm Pool - Chris

**Yoga | Yoga**  
9:05 - 10:00 am  
Studio I + Zoom  
Gabrielle

**Senior Strength and Balance**  
9:15 - 10:10 am  
Zoom - Jessica

**Zumba**  
10:10 - 11:05 am  
Zoom - Sandy

**Chair Yoga**  
11:10 am - 12:05 pm  
Studio I - Amy

**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.

## **Aquapower**

High energy routines let you burn the most calories while still enjoying a no-to-low impact workout.

## **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. Gain flexibility, range of motion, and strength while relieving pain. Also appropriate for persons without arthritis.

## **Barbell Strength**

New class begins Tuesday, May 31. Description coming.

## **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.

## **Strength + Cycle**

A workout experience on and off the bike. Each class incorporates HIIT. Work your cardiovascular system through sprints and climbs followed by circuits for strength, using a variety of gym equipment.

## **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.

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Classes are 55 minutes.

Visit [oregonjcc.org/zoom](https://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)

