

group fitness schedule

Free to Members
Starting August 1, 2022

* All classes are 55 minutes (unless other noted) and in-person at the MJCC.

SUNDAY

Greatest HIITs

8:00 am
Studio 2 - Lisa

Yoga

9:45 am
Studio 1 - Amy

Barbell Strength

10:00 am
Studio 2 - Julie

Pilates

11:00 am
Studio 1 - Julie

MONDAY

Nia

8:00 am
Studio 1 - Patricia

Aquarobics

8:00 am
Main Pool - Chris

Arthritis Exercise

9:00 am
Warm Pool - Chris

Senior Core

9:00 am
Studio 2 - Lisa

Yoga

9:05 am
Studio 1 - Gabrielle

Zumba Gold

10:10 am
Studio 2 - Mandy

Chair Yoga

11:10 pm
Studio 1 - Amy

Intermediate Core

11:15 am
Studio 2 - Lisa

Tai Chi Beginner

12:30 pm
Studio 1 - Ruth

Aqua HIIT*

12:15 pm (45 min.)
Main Pool - Jessica

Yoga

5:00 pm
Studio 1 - Nurit

TUESDAY

Yoga

7:15 am
Studio 1 - Gabrielle

HIIT

7:15 am
Studio 2 - Terry

Cycle

8:30 am
Studio 2 - Jessica

Aqua Power

9:00 am
Main Pool - Amy

Pilates

9:00 am
Studio 1 - Julie

Gentle Yoga

10:05 am
Studio 1 - Tai

Aqua Yoga*

10:15 am (45 min.)
Warm Pool - Amy

Forever Fit

11:05 am
Studio 1 - Jessica

Gentle Yoga

12:05 pm
Studio 1 - Amy

Strength + Cycle

12:30 pm
Studio 2 - Jessica

Barbell Strength

5:30 pm
Studio 2 - Sarah

WEDNESDAY

Nia

8:00 am
Studio 1 - Patricia

Aquarobics

8:00 am
Main Pool - Chris

Arthritis Exercise

9:00 am
Warm Pool - Chris

Senior Core

9:00 am
Studio 2 - Lisa

Yoga

9:05 am
Studio 1 - Gabrielle

Zumba

10:10 am
Studio 2 - Mandy

Chair Yoga

11:10 am
Studio 1 - Amy

Advanced Core

12:00 pm
Studio 2 - Lisa

Aqua HIIT*

12:15 pm (45 min.)
Main Pool - Jessica

Yoga

6:00 pm
Studio 1 - Gabrielle

THURSDAY

Yoga

7:15 am
Studio 1 - Gabrielle

HIIT

7:15 am
Studio 2 - Terry

Cycle

8:30 am
Studio 2 - Jessica

Aqua Power

9:00 am
Main Pool - Amy

Pilates

9:00 am
Studio 1 - Julie

Gentle Yoga

10:05 am
Studio 1 - Tai

Forever Fit

11:05 am
Studio 1 - Jessica

Intermediate Core

11:15 am
Studio 2 - Lisa

Strength + Cycle

12:30 pm
Studio 2 - Jessica

Yoga

5:00 pm
Studio 1 - Nurit

Tai Chi Intermediate

6:30 pm
Studio 1 - Ruth

FRIDAY

Nia

8:00 am
Studio 1 - Patricia

Aquarobics

8:00 am
Main Pool - Chris

Greatest HIITs

8:00 am
Studio 2 - Lisa

Arthritis Exercise

9:00 am
Warm Pool - Chris

Yoga

9:05 am
Studio 1 - Gabrielle

Senior Strength and Balance

9:05 am
Studio 2 - Jessica

Zumba

10:10 am
Studio 2 - Mandy

Chair Yoga

11:10 am
Studio 1 - Amy

Advanced Core

12:00 pm
Studio 2 - Lisa

Aqua HIIT*

12:15 pm (45 min.)
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.

Aqua Yoga

Experience the benefits and challenges of practicing yoga in an environment that supports your body and allows you to enjoy poses that can be more difficult on land.

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

A whole body strength class that is for all abilities and fitness levels. The class is set to music and uses light barbells, free plates, and hand weights.

Core - Senior

This gentle, introductory class focuses on the core. Stand, sit, use the wall for balance, or get on the floor based on your abilities and comfort levels with the and various exercises.

Core Strength - Intermediate

Experience a full-body warm-up, low-intensity core, high-intensity core, 15 minutes core on the floor, balance, and cool-down. You need to be able to get down and up from the floor fairly easily.

Core - Advanced

Focus on the abdominal muscles in this full-body workout and improve your balance, as well. It includes a full-body warm-up, low-intensity core, high-intensity core, core with weights, 15 minutes of core on the floor, balance, and cool-down. This class is for **CONDITIONED INDIVIDUALS** who have been doing high-intensity cardio and weights for **AT LEAST 6 months**.

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.

HIIT

Quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

Greatest HIITs

Get ready to dance and party like it's 1999! This well-rounded class includes a HIIT portion, and also warm-up, weight resistance, core work, balance, and cool down. This is a moderate to high-intensity class that will get your heart rate up, and improve your coordination and balance.

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.

Tai Chi for Arthritis

Cultivate strength, balance, and mindfulness through a series of individual movements and forms that flows smoothly and gently from one to the other in a sequence. The first six movements can be done seated.

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.



Questions?

Email fitness@oregonjcc.org

