

# group fitness schedule

Free to Members  
Starting September 26, 2023

## SUNDAY

**Yoga**  
9:45 am  
Studio 1 - Amy

**Barbell Strength**  
10:00 am  
Studio 2 - Julie

**Pilates**  
11:00 am  
Studio 1 - Julie

**Advanced Core**  
11:30 am  
Studio 2 - Lisa

## MONDAY

**Barbell Strength**  
6:15 am  
Studio 2 - Sarah

**Cardio Kickboxing**  
8:00 am  
Studio 2 - Mandy

**Nia**  
8:00 am  
Studio 1 - Patricia

**Aquarobics**  
9:00 am  
Main Pool - Chris

**Yoga**  
9:05 am  
Studio 1 - Michelle

**Zumba Gold**  
10:10 am  
Studio 2 - Mandy

**Arthritis Exercise**  
10:15 am  
Warm Pool - Chris

**Chair Yoga**  
11:10 am  
Studio 1 - Amy

**Aqua HIIT\***  
12:15 pm (45 min.)  
Main Pool - Jessica

**Tai Chi for Health**  
12:30 pm  
Studio 1 - Ruth

**Senior Core**  
4:00 pm  
Studio 2 - Lisa

**Yoga**  
5:00 pm  
Studio 1 - Nurit

**Cycle**  
6:15 pm  
Studio 2 - Eric

## TUESDAY

**Yoga**  
7:15 am  
Studio 1 - Michelle

**Cycle**  
7:30 am  
Studio 2 - Jessica

**Ai Chi**  
8:05 am  
Warm Pool - Carol

**Aquapower**  
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

**Intermediate Core**  
3:00 pm  
Studio 2 - Lisa

**Barbell Strength**  
5:30 pm  
Studio 2 - Lisa

## WEDNESDAY

**Cardio Kickboxing**  
8:00 am  
Studio 2 - Mandy

**Nia**  
8:00 am  
Studio 1 - Patricia

**Aquarobics**  
9:00 am  
Main Pool - Chris

**Yoga**  
9:05 am  
Studio 1 - Michelle

**Zumba**  
10:10 am  
Studio 2 - Mandy

**Arthritis Exercise**  
10:15 am  
Warm Pool - Chris

**Chair Yoga**  
11:10 am  
Studio 1 - Amy

**Aqua HIIT\***  
12:15 pm (45 min.)  
Main Pool - Jessica

**Tai Chi for Health**  
12:30 pm  
Studio 1 - Ruth

**Senior Core**  
4:00 pm  
Studio 2 - Lisa

**Yoga**  
6:00 pm  
Studio 1 - Gabrielle

**Cycle**  
6:15 pm  
Studio 2 - Eric

## THURSDAY

**Barbell Strength**  
6:15 am  
Studio 2 - Sarah

**Yoga**  
7:15 am  
Studio 1 - Michelle

**Cycle**  
7:30 am  
Studio 2 - Jessica

**Ai Chi**  
8:05 am  
Warm Pool - Carol

**Aquapower**  
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

**Strength + Cycle**  
12:30 pm  
Studio 2 - Jessica

**Intermediate Core**  
3:00 pm  
Studio 2 - Lisa

**Yoga**  
5:00 pm  
Studio 1 - Nurit

**Happy Power Hour**  
5:00 pm  
Studio 2 - Ruth

## FRIDAY

**Nia**  
8:00 am  
Studio 1 - Patricia

**Aquarobics**  
9:00 am  
Main Pool - Chris

**Yoga**  
9:05 am  
Studio 1 - Michelle

**Senior Strength and Balance**  
10:05 am  
Studio 1 - Jessica

**Zumba**  
10:10 am  
Studio 2 - Mandy

**Arthritis Exercise**  
10:15  
Warm Pool - Chris

**Chair Yoga**  
11:10 am  
Studio 1 - Amy

**Advanced Core**  
12:10 pm  
Studio 2 - Lisa

**Aqua HIIT\***  
12:15 pm (45 min.)  
Main Pool - Amy

## SATURDAY

**Senior Core**  
9:00 am  
Studio 2 - Lisa

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



# group fitness class descriptions

## **Ai Chi**

Ai-Chi helps improve balance and range of motion and promotes relaxation and cardiovascular health.

## **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.

## **Cardio Kickboxing**

Join us for cardio kickboxing, a fun combination of martial arts and upbeat cardio. This high-energy class will help improve coordination and build lean muscle, while having fun.

## **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. 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.

## **Happy Power Hour**

Weight training improves sleep, metabolism, sugar, and insulin absorption. Build muscle growth and definition, coordination and balance.

## **Nia**

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

## **Pilates**

Improve range of motion, postural strength and balance, abdominal strength, stability, and control.

## **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**

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 Health**

Tai Chi is a time-tested form of moving meditation that has multiple health benefits. This class features both Sun and Yang-style Tai Chi. Each session includes warmups, practice, review or instruction of at least one movement in detail, and cool-downs, with an interweaving of Qigong.

## **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](mailto:fitness@oregonjcc.org)

