

group fitness schedule

Free to Members
as of November 4, 2024

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

- Nia**
8:00 am
Studio 1 - Patricia
- Cardio Kickboxing**
8:30 am
Studio 2 - Mandy
- 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
- Barbell Strength**
11:15 am
Studio 2 - Sarah
- Aqua HIIT***
12:15 pm (45 min.)
Main Pool - Jessica
- Senior Core**
3:45 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 - Nurit
- 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 Flow Vinyasa Yoga**
10:05 am
Studio 1 - Tai
- Aqua Yoga***
10:15 am (45 min.)
Warm Pool - Amy
- Forever Fit**
11:05 am
Studio 2 - 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
- HIIT**
6:30 pm
Studio 2 - Ruth

WEDNESDAY

- Nia**
8:00 am
Studio 1 - Patricia
- Cardio Kickboxing**
8:30 am
Studio 2 - Mandy
- 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
- Senior Core**
3:45 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 - Nurit
- 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 - Brynna
- Foam Rolling**
10:05 am
Studio 2 - Julie
- Aqua Yoga***
10:15 am (45 min.)
Warm Pool - Amy
- Forever Fit**
11:05 am
Studio 2 - Jessica
- Strength + Cycle**
12:30 pm
Studio 2 - Jessica
- Intermediate Core**
3:00 pm
Studio 2 - Lisa
- Yoga**
5:00 pm
Studio 1 - Nurit
- HIIT**
6:30 pm
Studio 2 - Ruth

FRIDAY

- Nia**
8:00 am
Studio 1 - Patricia
- Aquarobics**
9:00 am
Main Pool - Chris
- Zumba**
9:00 am
Studio 2 - Mandy
- Yoga**
9:05 am
Studio 1 - Michelle
- Senior Strength and Balance**
10:05 am
Studio 1 - Jessica
- 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**
9:15 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 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 relieves arthritis pain and stiffness. Gain flexibility, range of motion, and strength while relieving pain.

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

This 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.

Family Fitness

Join us for a new class for families with children ages 8+, offering a safe, age-appropriate space to help families get active with their kids to form a healthy love of fitness.

Foam Rolling

Feel better, move easier, and reduce pain. Learn to release muscle tension, improve flexibility, and calm your mind. Great for any level of fitness.

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

High intensity exercise or repetitions followed by rest, (recovery), repeated in formulas has proved to transform stress into tranquility, body mass into composition of muscle with dense bones. The body's metabolism tunes up and stored fat burns due to a pattern of exercises at the right intensity.

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 cardio system through sprints and climbs followed by circuits for strength, using a variety of gym equipment.

Gentle - Yoga Flow Vinyasa

This gentle, slower-paced yoga class includes flowing sequences and holding poses. Participants will explore seated poses (on the mat) and standing poses, as well as on hands and knees, and lying down positions.

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

This class has no major demands on wrists or shoulders, (so no downward facing dog). There is little to no forward folding, very little seated work on the floor, and extremely limited use of transitions between being on the ground and standing.

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

