

2017 WINTER FITNESS CLASSES SCHEDULE

MONDAY 5:30am-9pm		TUESDAY 5:30am-9pm		WEDNESDAY 5:30am-9pm		THURSDAY 5:30am-9pm		FRIDAY 5:30am-9pm		SATURDAY 7am-5pm			
Full Body Fitness 6-7am A		Full Body Fitness 6-7am A		Full Body Fitness 6-7am A				Full Body Fitness 6-7am A		Couch to 5K \$ 8-9am 1/14-3/11			
Get RIPPED! A 9:15-10:15am	Pilates 9-10am	Total Body Conditioning 9-9:55am A				Zumba 9:15-10:15am	Pilates 9-10am	Total Body Cond. 9-9:55am A	Gentle Yoga 9-10am	Cardio A Kickboxing 9:15-10:15am beginning Jan. 1	Cardio Step A 8:15-9:15am		
Gentle Restorative Yoga 10:15-11:30am beginning Jan. 2	Stretch & Movement 10:05-10:55am	Tai Chi: MBB 10-10:45am	Adult Ballet \$ 10-11:15am	Stretch & Movement 10:05-10:55am			Tai Chi: MBB 10-10:45am	Members Only AOA Circuit Training 10:45-11:45am	Members Only AOA Circuit Training 10:45-11:45am	Barre Fusion 11-11:55am	Stretch & Movement 10:05-10:55am	Baila Conmigo! Dance with Me! 10:15-11:15am	Saturday Sweat A 9:30-10:30am
AOA Cardio 11-11:45am		Members Only AOA Circuit Training 10:45-11:45am	AOA Cardio 11-11:45am				Adult Drop-in Basketball 12-1:30pm		Adult Drop-in Basketball 11am-1:30pm		Power & Flow Yoga 10:30-11:45am		
Adult Drop-in Basketball 12-1:30pm		Hatha Yoga 12-1pm		Adult Drop-in Basketball 12-1:30pm				Adult Drop-in Basketball 12-1:30pm		SUNDAY 9am-4pm			
Adult Drop-in Pickleball 1:45-3:15pm		Parkinson's \$ Exercise 2:25-3:25pm		Adult Drop-in Pickleball 1:45-3:15pm				Parkinson's \$ Exercise 2:25-3:25pm		Adult Drop-in Pickleball 1:45-3:15pm		All Levels Yoga 9:30-10:45am	
Circuit Training 5:30-6:30pm		Circuit Training 5:30-6:30pm		Zumba 6-7pm				Circuit Training 5:30-6:30pm		Zumba 5:45-6:45pm			
Tai Chi 6:30-7:30pm	Cardio Strength 6-7pm A	Healthy Choices Healthy You \$ 6-7pm 1/24-2/28		Meditation 7:15-8pm				Hi-Fi A 6-7pm	Tai Chi 6:30-7:30pm				
All Levels Yoga 7:15-8:30pm													

\$ Fee-Based Class

Child Watch is available to members during most Adult Fitness classes.
Call the Front Desk for hours: 503-284-3377

Adult Fitness Class Descriptions

All Levels Yoga

Class provides enough guidance for those who are just starting out, and enough challenge for the well practiced. **(MB, S)**

AOA Cardio Fitness

Cardio activities in a gym setting for Active Older Adults to increase endurance, strength and flexibility. **(C, S)**

AOA Circuit Training

Using resistance machines in the first-floor Fitness Room, this class for Active Older Adults builds strength while improving balance & flexibility. **(S)** **Prerequisite: Equipment Orientation**

Baila Conmigo! Dance with Me!

Have you ever been in a dance fitness class and wondered, "How do they do that?" This class explores basic dance principles that will give you the confidence to maximize your workout. All Levels. **(C)**

Adult Ballet

Focus on grace, posture, balance, coordination, concentration, confidence, and strength building. Class is geared toward the intermediate beginner adult student. **Fee-based class. Preregistration required. (MB, S)**

Barre Fusion

Class shakes up traditional barre methods by fusing it with mat Pilates. Lengthen, tone, sculpt and elongate muscles by integrating props (weights, balls, resistance bands and the ballet barre). **(MB, C, S)**

Basketball

Drop-in basketball for 18 years and up.

Cardio Kickboxing

Punch, kick, and block your way through this fun and challenging cardio workout mixed with the perfect blend of core strength cross training. **(C, S, H)**

Cardio Step

Using an elevated step for this cardio class, you'll get that heart rate pumping. Step is optional. End the class with strength and flexibility exercises for a well-rounded workout. **(C, S)**

Cardio Strength

Challenge yourself with cardio moves and all-over strength. This class combines interval drills, functional strength moves, core fusion, and increased flexibility. All levels welcome, come join the fun! **(C,S)**

Circuit Training

Using resistance machines in the first-floor Fitness Room, work on gaining strength, lean muscle mass, and keeping your metabolism revved up. **Equipment Orientation is required prior to taking this class. (S)**

Couch to 5K

See website for class description. **Fee-based class.**

Daily Meditation

Learn meditation methods to reduce stress, increase mental focus, and clear your mind. **(MB)**

Full Body Fitness

Use body weight resistance and boot camp style drills for a full high intensity cardio and strength building workout. Push and challenge yourself to a new level of fitness. **(C, S, H)**

Gentle Yoga

Gentle Yoga provides the space to calm the mind, deepen the breath, and nourish the body while you transition through poses. Beneficial for all levels. **(MB)**

Gentle Restorative Yoga

Gentle, spacious movements & breath work to increase circulation, open the body and release the mind. Begin with postures close to the ground and build up to slower standing sequences for strength and grace. Longer held restorative poses offer deeper relaxation to promote healing and nourishment. **(MB)**

GET RIPPED

A combination of resistance, circuits, endurance and mixed cardio that will get your heart pumping. **(C, S, H)**

Hatha Yoga

For beginning and intermediate participants. Self-awareness is encouraged in this practice for flexibility, strength, balance and breath. **(MB, S)**

Healthy Choices Healthy You

See website for class description. **Fee-based class.**

Hi-Fi

Class combines a steady-paced, fun yoga inspired warmup with high-intensity, dynamic interval training. Use various equipment and your own body weight. Finish class with slow, fluid movements to cool the body. **(MB, C, S)**

Parkinson's Exercise

In a supportive, non-threatening environment, this class uses a multi-disciplinary approach to improve muscle strength, agility, flexibility and balance, and to address most of the symptoms of Parkinson's – from posture and movement to voice and facial expression. **Fee-based class.**

Pickleball

Pickleball is the fastest growing sport in the U.S. Played on a Badminton-sized court, Pickleball is similar to tennis, played with an oversized table tennis racquet and plastic ball, and using net rules similar to tennis.

Pilates

A beginning level Pilates mat class for those new or wishing to review the basics. The concepts of alignment, breath and control will be learned, as well as beginning mat exercises. **(MB)**

Power and Flow Yoga

This challenging and flowing Vinyasa style yoga class will sculpt, tone and hone the muscles of your body and mid. Modifications and progressions will be offered. **(MB, S)**

Saturday Sweat!

Build heat, burn calories, and sweat in this fast paced and energetic class! **(C, H)**

Stability Ball Training

Learn proper techniques, form and alignment for core conditioning and strength training on the stability ball. Small group limited to 8 participants. Pre-registration required. **(S)**

Stretch And Movement

Warm and lengthen muscles using ballet based forms in this gently paced class. Perfect for those Active Older Adults looking for a relaxing and refreshing class. **(MB)**

Tai Chi

Achieve a state of physical and mental relaxation while strengthening the cardiovascular and immune systems through this Yang Style (long version) of Tai Chi. **(MB, S)**

Tai Chi: Moving For Better Balance

A research-based balance training regimen designed for older adults and people with balance disorders. Tai Chi movements focus on supporting health by addressing common, but potentially debilitating, functional impairments or deficits. **(MB)**

Total Body Conditioning

Couple weights and bands with body weight resistive exercises in this full body class designed for all levels of fitness. **(C, S)**

Zumba

Crank up the music and dance your heart out because this class is far more like a party and less like a workout! Don't worry if you haven't danced in years (or at all for that matter). Zumba Fitness® is Latin-inspired dance fitness program that has become the cardio go to class for people of all shapes, sizes, and ages. **(C)**

Key

Mind/Body and Flexibility Fitness **(MB)**

Cardiovascular Conditioning **(C)**

Strength and Muscle Conditioning **(S)**

High Intensity **(H)**



Winter 2017 Adult Fitness Schedule

Hours of Operation
Mon-Fri 5:30am-9pm
Saturday 7am - 5pm
Sunday 9am - 4pm

1630 NE 38th Ave
Portland OR 97232
503.284.3377
necommunitycenter.org

Waaaay more than a fitness center!