

2018 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 Masters 6-7am A | | Full Body Fitness 6-7am A | | Full Body Fitness Masters 6-7am A | | Full Body Fitness 6-7am A | | Couch to 5K 8-9am 1/13-3/10 \$ | |
| Boot Camp Burn 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 Kickboxing A 9:15-10:15am | Cardio Step A 8:15-9:15am | |
| Gentle Restorative Yoga 10:15-11:30am | Stretch & Movement 10:05-10:55am | Tai Chi: MBB 10-10:45am | Adult Ballet \$ 9:30-10:45AM | Stretch & Movement 10:05-10:55am | Small Group Training for Runners \$ 9:30-10:30am 1/10-2/14 | Tai Chi: MBB 10-10:45am | Members Only AOA Circuit Training 10:45-11:45am | Stretch & Movement 10:05-10:55am | | 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 | | Members Only AOA Circuit Training 10:45-11:45am | Barre Fusion 10:15-11:15am | | | 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 11am-1:30pm | | | |
| 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 | | |
| | Cardio Strength 6-7pm A | Circuit Training 5:30-6:30pm | | Zumba 6:15-7:15pm | Small Group Training for Women \$ 6-7pm 1/10-2/14 | Circuit Training 5:30-6:30pm | | Zumba 6-7pm | Meditation Workshop \$ 11am-12pm 1/14, 1/21, 1/28 | | |
| Tai Chi 6:30-7:30pm | | All Levels Yoga 7:15-8:30pm | | | | Tai Chi 6:30-7:30pm | | | Cardio Dance 11am-12pm 2/4-3/11 | | |

\$ 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**

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.

Boot Camp Burn

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

Cardio Dance

A dance based workout that offers low and high impact options. Incorporate salsa, cumbia, hip hop and other world dance with basic aerobic steps. Regardless of your dance experience or fitness level, come move with us! (Limited duration class ending March 11.)

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)**

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)**

Full Body Fitness Masters Class

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 with a workout designed to reduce the impact on your joints and body. **(C, S, H)**

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)**

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)**

Hatha Yoga

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

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 2018 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!