

# 2018 SPRING FITNESS CLASSES SCHEDULE

| MONDAY<br>5:30am-9pm                     |                                     | TUESDAY<br>5:30am-9pm                                 |  | WEDNESDAY<br>5:30am-9pm                 |                                       | THURSDAY<br>5:30am-9pm                                |                                       | FRIDAY<br>5:30am-9pm                    |  | SATURDAY<br>7am-5pm  |                                 |  |
|--|-------------------------------------|---|--|---|---------------------------------------|---|---------------------------------------|---|--|--|---------------------------------|--|
| Full Body Fitness<br>6-7am <b>A</b>      |                                     | Full Body Fitness Masters<br>6-7am <b>A</b>           |  | Full Body Fitness<br>6-7am <b>A</b>     |                                       | Full Body Fitness Masters<br>6-7am <b>A</b>           |                                       | Full Body Fitness<br>6-7am <b>A</b>     |  | Cardio Step<br>8:15-9:15am <b>A</b>  |                                 |  |
| Boot Camp Burn <b>A</b><br>9:15-10:15am  | Pilates<br>9-10am                   | Total Body Conditioning<br>9-9:55am <b>A</b>          |  | Zumba<br>9:15-10:15am                   |                                       | Pilates<br>9-10am                                     | Total Body Cond.<br>9-9:55am <b>A</b> | Gentle Yoga<br>9-10am                   | Boogie Boot Camp <b>A</b><br>9:15-10:15am<br>3/9-6/8 | Saturday Sweat <b>A</b><br>9:30-10:30am  |                                 |  |
| Gentle Restorative Yoga<br>10:15-11:30am | Stretch & Movement<br>10:05-10:55am | Tai Chi: MBB<br>10-10:45am                            | Adult Ballet <b>\$</b><br>9:30-10:45AM | Stretch & Movement<br>10:05-10:55am     | AOA Cardio<br>11-11:45am              |   | Tai Chi: MBB<br>10-10:45am            | Stretch & Movement<br>10:05-10:55am     | Gentle Yoga & Posture<br>10:30-11:30am<br>5/4-6/8    | Power & Flow Yoga<br>10:30-11:45am   |                                 |  |
| AOA Cardio<br>11-11:45am                 |                                     | Members Only<br>AOA Circuit Training<br>10:45-11:45am |  | AOA Cardio<br>11-11:45am                |                                       | Members Only<br>AOA Circuit Training<br>10:45-11:45am |                                       |   |  | SUNDAY<br>9am-4pm  |                                 |  |
| Adult Drop-in Basketball<br>12-1:30pm    |                                     |   |  | Hatha Yoga<br>12-1pm                    | Adult Drop-in Basketball<br>12-1:30pm |   |                                       |   | Adult Drop-in Basketball<br>11am-1:30pm              |  | All Levels Yoga<br>9:30-10:45am |  |
| Adult Drop-in Pickleball<br>1:45-3:15pm  |                                     | Parkinson's Exercise <b>\$</b><br>2:25-3:25pm         |  | Adult Drop-in Pickleball<br>1:45-3:15pm |                                       | Parkinson's <b>\$</b> Exercise<br>2:25-3:25pm         |                                       | Adult Drop-in Pickleball<br>1:45-3:15pm |  | Franklin Method: Balls and Bands Circuit <b>\$</b><br>11am-12pm<br>4/8, 4/15, 4/22, 4/29 |                                 |  |
| Tai Chi<br>6:30-7:30pm                   |                                     | Cardio Strength <b>A</b><br>6-7pm                     | Circuit Training<br>5:30-6:30pm        |   | Zumba<br>6:15-7:15pm                  | Circuit Training<br>5:30-6:30pm                       |                                       | Zumba<br>6-7pm                          |  | Cardio Dance<br>11am-12pm<br>5/6-6/10 (no class 5/27)                                    |                                 |  |
|  |                                     | All Levels Yoga<br>7:15-8:30pm                        |  |   |                                       | Tai Chi<br>6:30-7:30pm                                |                                       |   |  |  |                                 |  |

**\$ 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)** **Pre-requisite: 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.

## Boogie Boot Camp

A choreographed, full-body workout that combines high-impact athletic moves (i.e. burpee, jumping jacks, plyometric lunges) with fun, accessible dance steps full of flair and attitude. **(MB, C, S)**

## 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!

## 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)**

## Franklin Method: Balls & Bands Circuit

Expect to move, create strength, enhance flexibility and release tension using the help of bands and balls! Each class helps develop balance and proprioception, includes a nugget of biomechanics, and concludes with a relaxation. **(MB, S)**

## 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)**

## Gentle Yoga & Posture

Explore gentle yoga and simple posture assessment and poses. Encourages the body to align, allowing for better energetic flow and helping alleviate tensions and imbalances held in the body. **(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 a 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)**



# Spring 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!