

Northeast Community Center

1630 NE 38th Ave, Portland, OR 97232 || 503.284.3377

Summer Session June 21-August 29, 2010 Gym Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Open gym	Open gym	Open gym	Open gym	Open gym		
6:00 AM	Cardio Mix (6:00-7:00)		Cardio Mix (6:00-7:00)				
7:00 AM	Open gym		Open gym				
8:00 AM							
9:00 AM	Women's B-Ball (9:00-9:55)	Total Body Cond. Cardio Blast (9:00-10:25)	Cardio Mix (9:00-9:55)	Total Body Cond. Cardio Blast (9:00-10:25)	Zumba (9:00-9:55)	Open gym	Open gym
10:00 AM	Stretch & Move (10:05-11:00)		Stretch & Move (10:05-11:00)		Stretch & Move (10:05-11:00)		
11:00 AM	AOA Aerobics (11:00-11:45)		Circuit Training (10:30-11:25)		AOA Aerobics (11:00-11:45)		
12:00 PM	Adult Basketball (11:50-1:30)	Adult Basketball (11:50-1:30)	Adult Basketball (11:50-1:30)	Adult Basketball (11:50-1:30)			
1:00 PM	Open gym **	Open gym **	Open gym **	Open gym **	Open gym **	***Flex Open gym	***Flex Open gym
2:00 PM							
3:00 PM							
4:00 PM					***Flex Open gym		
5:00 PM		Open gym	Open				
6:00 PM	Cardio/Strength (6:00-7:00)			NIA (6:00-7:00)	Adult Volleyball (6:15-7:30)		
7:00 PM			Open				
8:00 PM	Adult Basketball (8:00-9:20)		Adult Basketball (8:00-9:20)	Adult Aikido (8-9:15pm)	Adult Basketball (8:30-9:20)		
9:00 PM				Open			
9:30 PM	Closed	Closed	Closed	Closed	Closed		

**** Summer Camp will in the Gym or Multipurpose rooms, check daily schedule**

*****Flex Open Gym = Rentals may be scheduled during this time**

Fitness Room Schedule

The Fitness room is available for use during operation hours except, during the following times, when it is reserved for Circuit Training*:

Circuit Training Schedule:

Tuesdays and Thursdays

10:30am-11:30am *Active Older Adults (AOA) Circuit*

5:30pm-6:30pm *Adult Circuit*

*Circuit Training is open to anyone who would like to participate. Check with the instructor before class. Teen circuit is available only for members 18 and younger.