

ACTIVE OLDER ADULTS

AOA Cardio Fitness Cardio activities in a gym setting for Active Older Adults to increase endurance, strength and flexibility.

AOA Circuit Training Using resistance machines, this class for Active Older Adults builds strength while improving balance & flexibility. **Prerequisite: Equipment Orientation.**

Happy Hour Circuit Training Get together with NECC Members as this class is led by them! Using resistance machines, work on gaining strength, lean muscle mass and keeping your metabolism revved up plus it's HAPPY HOUR! **Prerequisite: Equipment Orientation.**

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.

CARDIO + DANCE

Adult Ballet Focuses on grace, posture, balance, coordination, concentration, confidence, and strength building. **Fee-based class. Preregistration Required.**

Cardio Dance Party! A heart-pumping dance party for all levels designed for you to have fun while dancing to World Wide tunes.

Cardio Step Help your body maintain its aerobic fitness level without pushing you too deep into the fatigue zone. This is great as a workout when you do not feel like working out, or a program that will take you a **step** or two further into your fitness journey. Step is optional.

Zumba® is a Latin-inspired dance fitness program. Dance and aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo. Squats and lunges are also included !

STRENGTH + CONDITIONING

Bootcamp Burn This high-energy class is designed for first timers. Focuses on strength and mixed cardio.

Cardio Strength Combination of drills, functional strength moves, core and flexibility.

Full Body Fitness Using drills for a high intensity cardio and strength building workout. Push and challenge yourself to a new level of fitness.

Total Body Conditioning Low impact class that uses weights and bands with body weight resistive exercises designed for all levels of fitness.

Strength, Conditioning, Cardio An advanced high-intensity class that includes agility, flexibility, balance and cardio to stimulate all muscle groups.

Saturday Sweat! More cardio, more energy! This class is similar to Full Body Fitness. Build heat, burn calories, and sweat in this fast-paced and energetic class!

MIND + BODY

Essentrics A full-body technique that works through the muscle chains, liberating and empowering the muscles, relieving them from tension in the process.

Gentle/Restore Yoga Gentle, spacious movements & breath work to increase circulation, open the body and release the mind. Longer held restorative poses for deeper relaxation to promote healing and nourishment.

Hatha Yoga For beginning and intermediate participants. Self-awareness is encouraged in this practice for flexibility, strength, balance and breath.

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.**

Pilates The concepts of alignment, breath and control will be learned, as well as beginning mat exercises.

Power Flow Yoga This challenging and flowing Vinyasa style yoga class will sculpt the muscles of your body and mind. Modifications and progressions will be offered.

Regenerate Use *regeneration* techniques feel recovered and refreshed. Learn about stretching and mobility techniques to help you in your daily life.

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.

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.

Yoga Provides the space to calm the mind, deepen the breath and nourish the body while you transition through poses. Beneficial for all levels.



GROUP FITNESS

MAY 2019

Hours of Operation

Mon-Fri 5:30 AM - 9 PM

Saturday 7 AM - 5 PM

Sunday 9 AM - 4 PM

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

GROUP FITNESS SCHEDULE

MAY 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Full Body Fitness: Upper Body Focus 6 AM–7 AM Tyler Annex	Regenerate 6 AM–7 AM Lindsey Annex	Full Body Fitness: Lower Body Focus 6 AM–7 AM Tyler Annex	Total Body Conditioning 9 AM–10 AM Heather Annex	Full Body Fitness: Bodyweight Focus 6 AM–7 AM Tyler Annex	Cardio Step 8:15 AM–9:15 AM Erika Annex	Yoga 9:30 AM–10:45 AM Carol MPR
Pilates 9 AM–10 AM Kimberly D. MPR	Total Body Conditioning 9 AM–10 AM Heather Annex	Cardio Dance Party 9:15 AM–10:10 AM Karlyn MPR	Pilates 9 AM–10 AM Kimberly D. MPR	Yoga 9 AM–10 AM Tina MPR	Saturday Sweat 9:30 AM–10:30 AM Tyler Annex	
Bootcamp Burn 9:15 AM–10:15 AM Zach Annex	Adult Ballet \$ 9:30 AM–10:45 AM Katarina MPR	UPDATE! Essentrics 10:15 AM–11 AM Lindsey MPR	Tai Chi: MBB 9:45 AM–10:45 AM Catherine Gym	Strength, Cardio, Cond. 9:15 AM–10:15 AM Leno Annex	Power Flow Yoga 10:30 AM–11:45 AM Claire MPR	
Stretch & Movement 10 AM–11 AM Celeste Gym	Tai Chi: MBB 9:45 AM–10:45 AM Catherine Gym	AOA Cardio 11 AM–11:45 AM Tina Gym	AOA Circuit Training 10:45 AM–11:45 AM Kathy Gym+Circuit Room	Stretch & Movement 10 AM–11 AM Celeste Gym		
Gentle/Restore Yoga 10:15 AM–11:30 AM Carol MPR	AOA Circuit Training 10:45 AM–11:45 AM Kathy Gym+Circuit Room	Hatha Yoga 12 PM–1 PM Jacquie MPR	Parkinson's Exercise: Strength + Balance \$ 2:30 PM–3:30 PM Tina Gym	Essentrics 11 AM–11:45 AM Lindsey MPR		
AOA Cardio 11 AM–11:45 AM Tina Gym	Parkinson's Exercise: Cardio+ Coordination \$ 2:30 PM–3:30 PM Lindsey Gym	Zumba 6:15 PM–7:15 PM Marlon MPR	Happy Hour Circuit 5:30 PM–6:30 PM Led by NECC Members	Zumba® 6 PM–7 PM Marlon MPR		
Cardio Strength 6 PM–7 PM Erika Annex	Happy Hour Circuit 5:30 PM–6:30 PM Led by NECC Members		Tai Chi 6:30 PM–7:30 PM Alexia MPR			
Tai Chi 6:30 PM–7:30 PM Alexia MPR	Yoga 6:30 PM–7:45 PM Samantha MPR					

MAY:

- UPDATE: AOA Cardio (Gym)**
Tina subbing until MID June
- UPDATE: Total Body Cond. (Annex)**
Kathryn subbing Tuesdays in May
- UPDATE: Essentrics (MPR)**
Wednesdays 10:15 AM-11 AM
- UPDATE: Parkinson's (Gym)**
Tuesdays with Lindsey
Thursdays with Tina
- UPDATE: Full Body Fitness (Annex)**
Fridays with Tyler, different focus
- NEWS: Summer Fitness Series**

SCHEDULE KEY

UPDATE Change of Name or Instructor

NEW New class on the schedule

(\$) Additional Fee. Reg Required

NO MEMORIAL DAY WEEKEND CLASSES! MAY 25th-28th