

NORTHEAST COMMUNITY CENTER

SPECIAL HOLIDAY SCHEDULE

DEC 23 — JAN 4

MON 12/23 HOURS 6 AM - 8 PM	TUE 12/24	WED 12/25	THU 12/26 HOURS 7 AM - 12 PM	FRI 12/27 HOURS 6 AM - 8 PM	SAT 12/28 HOURS 7 AM - 3 PM
CARDIO KICKBOXING 6-7 AM - JOSH - GYM	<p style="text-align: center; font-size: 2em; font-weight: bold;">FACILITY CLOSED</p> <hr/> <p style="text-align: center; font-size: 3em; font-weight: bold;">HAPPY HOLIDAYS</p>		DROP IN PICKLEBALL - ADULTS ONLY - 7-9 AM - GYM	STRENGTH & CONDITIONING 7-8AM - ADREAN - MPR	DROP IN PICKLEBALL - ADULTS ONLY - 7-9 AM - GYM
DROP IN PICKLEBALL - ADULTS ONLY - 7-8:50 AM - GYM			OPEN GYM 9AM - 12 PM - GYM	FUNCTIONAL YOGA 8:45-10AM - TINA - MPR	CARDIO CORE 9:30-10:30AM ERIKA - MPR
HOLIDAY HUSTLE 9-10AM - JOSH - MPR			HOLIDAY FLASH DANCE 9-10 AM KARLYN&MARLON - MPR	TOTAL BODY CONDITIONING 10-11AM - TINA - MPR	DROP IN PICKLEBALL - FAMILY STYLE - 9 AM-12 PM - GYM
DROP IN BASKETBALL - ADULTS ONLY - 10-12 PM - GYM			YOGA FOUNDATIONS 10-11 AM - SIDO - MPR	DROP IN PICKLEBALL - FAMILY STYLE - 1:15-2:45 PM - GYM	DROP IN BASKETBALL - FAMILY STYLE - 12:15-3 PM - GYM
LUNCH BREAK 12-1PM - JOSH - GYM				DROP IN PICKLEBALL - FAMILY STYLE - 6:15-7:45 PM - GYM	
DROP IN PICKLEBALL - FAMILY STYLE - 4:30-6 PM - GYM					
WARRIOR RHYTHM 5-6 PM - HEIDI - MPR					
TAI CHI - LONG FORM 6-7 PM - ALEXIA - MPR					
OPEN GYM 6:15-8 PM - GYM					
YOGA FLOW 7-8 PM - LISA - MPR					

MON 12/30 HOURS 6 AM - 8 PM	TUE 12/31 HOURS 7 AM - 2 PM	WED 1/1 HOURS 7 AM - 2 PM	THU 1/2 HOURS 6 AM - 8 PM	FRI 1/3 HOURS 6 AM - 8 PM	SAT 1/4 HOURS 7 AM - 3 PM
CARDIO KICKBOXING 6-7 AM - JOSH - GYM	TUESDAY TIMBRE 7-8 AM - JOSH - GYM	CARDIO KICKBOXING 7-8 AM - JOSH - GYM	DROP IN PICKLEBALL - ADULTS ONLY - 6-8:50 AM - GYM	FUNCTIONAL YOGA 8:45-10AM - TINA - MPR	CARDIO CORE 9:30-10:30 AM ERIKA - MPR
DROP IN PICKLEBALL - ADULTS ONLY - 7-8:50 AM - GYM	DROP IN PICKLEBALL - ADULTS ONLY - 8:15-10 AM - GYM	DROP IN PICKLEBALL - ADULTS ONLY - 8-10 AM - GYM	STRENGTH & CONDITIONING 7-8 AM - ADREAN - MPR	TOTAL BODY CONDITIONING 10-11 AM - TINA - MPR	DROP IN PICKLEBALL - FAMILY STYLE - 9 AM - 11 AM - GYM
HOLIDAY HUSTLE 9-10AM - JOSH - MPR	HOLIDAY HUSTLE 9-10AM - JOSH - MPR	HOLIDAY HUSTLE 9-10 AM JOSH - MPR	YOGA FOUNDATIONS 9-10 AM - SIDO - MPR	QIGONG 11-12 PM CATHERINE - MPR	DROP IN BASKETBALL - FAMILY STYLE - 11:15-3 PM - GYM
DROP IN BASKETBALL - ADULTS ONLY - 10-12 PM - GYM	YOGA FOUNDATIONS 10-11 AM - SIDO - MPR	GENTLE YOGA 10-11:10 AM TINA - MPR	TAI CHI FITNESS & BALANCE 10-11AM-CATHERINE -GYM	DROP IN PICKLEBALL - FAMILY STYLE - 1-2:30PM - GYM	
LUNCH BREAK 12-1PM - JOSH - GYM	DROP IN PICKLEBALL - FAMILY STYLE - 10AM-12PM - GYM	DROP IN BASKETBALL - FAMILY STYLE - 10 AM-12 PM - GYM	ACTIVE OLDER ADULTS 11:10-12 PM CATHERINE - GYM	OPEN GYM 6:15-8 PM - GYM	
DROP IN PICKLEBALL - FAMILY STYLE - 4:30-6 PM - GYM	DROP IN BASKETBALL - ADULTS ONLY - 12-2 PM - GYM	FOAM ROLLER & TRIGGER POINT RELEASE 11:15AM-12PM-TINA-MPR	DROP IN PICKLEBALL - FAMILY STYLE - 4:30-6PM - GYM		
WARRIOR RHYTHM 5-6 PM - HEIDI - MPR		LUNCH BREAK 12-1PM - JOSH - GYM	ZUMBA 6:15-7:15 PM MARLON - GYM		
WINTER QIGONG 6-7PM - ALEXIA - MPR		PILATES - CORE FOCUS - 12:15-1PM - TINA - MPR	OPEN GYM 6:15-8 PM - GYM		
OPEN GYM 6:15-8 PM - GYM					
YOGA FLOW 7-8 PM - LISA - MPR					

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ACTIVE OLDER ADULTS

- **ACTIVE OLDER ADULT (AOA) FITNESS - Catherine** - Cardio activities in a gym setting for Active Older Adults to increase endurance, strength, and flexibility.
- **QIGONG - Catherine** - Focused on breath, posture & mindful movement. Stimulating all systems of the body with fluid deliberate movement intended to stimulate circulation, and promote health, balance & harmony.
- **TAI CHI: LONG FORM - Alexia** - The graceful & meditative practices of Tai Chi promotes physical and mental relaxation while strengthening the cardiovascular & immune systems. Beginners through advanced are welcome.
- **TAI CHI FOR FITNESS & BALANCE - Catherine** - This class is based on a 14 -15 movement 2 corner form, with emphasis on posture, balance, breath work & promoting physical & mental health.
- **WINTER QIGONG - Alexia** - Join Alexia as she runs us through a winter specific Qigong program! Qigong is a traditional Chinese medicine practice based on the relationship between nature and your body, that supports mental and physical health through gentle movement, meditation and breathing techniques.

YOGA

- **FUNCTIONAL YOGA - Tina** - Power Vinyasa Flow, featuring fluid movement between poses. Medium-intensity, faster-paced class focusing on balance, stretches, standing, & core work. Adaptations provided.
- **GENTLE YOGA - Tina** - Gentle, spacious movements & breath work to increase circulation, open the body, and release the mind. Longer held restorative poses for deeper relaxation.
- **YOGA FLOW - Lisa** - Strengthen your body, increase flexibility, and bring a sense of focus and calm to your mind. Based on traditional Vinyasa flow, with a nice cool down to ground at the finish.
- **YOGA FOUNDATIONS - Sido** - Let's explore the foundations of yoga together! Whether you are just beginning or have years of experience, we will provide a welcoming and lighthearted space to practice yoga.

DANCE + CARDIO

- **CARDIO CORE - Erika** - Challenge yourself with cardio intervals that focus on your core.
- **CARDIO KICKBOXING - Josh** - Utilizes Western Boxing & Muay Thai for basic combinations, work form & balance. Apply kicks, punches, knees & elbows in partner drills & on the heavy bag. Bring your own boxing gloves. Sign up ahead of time on Mindbody.
- **HOLIDAY FLASH DANCE - Karlyn & Marlon** - Karlyn and Marlon are joining forces to collaborate an amazing Zumba dance infusion guaranteed to have you sweat and laugh with so much joy! This is a rare opportunity to have this duo leading a daytime class. The music will be bumpin' and so will you, don't miss it!
- **ZUMBA - Marlon** - Dance & aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue, & mambo.

STRENGTH

- **HOLIDAY HUSTLE - Josh** - This three day program is going to start the holiday week off with a fun challenge! Holiday Hustle is interval training similar to a circuit training class but done collaboratively. Scalable to all levels and intended for daily exercise, so come for one day or join us for all three and roll out the holiday week with laughs and a great time together.
- **LUNCH BREAK - Josh** - Designed to give you a great workout in your mid-day window, Lunch Break is a circuit class with scalable exercises at each station. Join us anytime between 12-1pm on Monday and Wednesday and get in where you fit in!
- **PILATES: CORE FOCUS - Tina** - Join us for a quick but effective pilates-based core strengthening class. Leave feeling strong and energized for the rest of your day!
- **STRENGTH + CONDITIONING - Adrean** - Group fitness class designed to challenge and inspire. Daily focus on different goals as a community. This class covers Power, Core, Balance, Speed/Quickness/Agility. All levels welcome.
- **TUESDAY TIMBRE - Josh** - This early bird class will mix strength training, cardio, calisthenics and more with an emphasis on whole body focus and functional fitness!
- **TOTAL BODY CONDITIONING - Tina** - A full-body weights class melding Pilates, strength, balance and some cardio. Get ready to sweat!
- **WARRIOR RHYTHM - Heidi** - Fitness focused with yoga undertones. It's yoga + weights + HIIT + mindfulness rolled into one insanely rhythmic experience! All levels welcome.

OTHER

- **DROP IN SPORTS** - Get the family together and drop-in to play pickleball or basketball over the Winter Break time! We have special times for adults only, as family style will be contact free, and geared to ages 5+ with adult (18+) supervision. Fun for the whole family!
- **FOAM ROLLER + TRIGGER POINT RELEASE - Tina** - Practice techniques for trigger point release, and muscle pain and tension relief using tools such as balls and foam rolling. Equipment provided or bring your own.

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