

# NORTHEAST COMMUNITY CENTER

# SPECIAL HOLIDAY SCHEDULE

MON 12/22 HOURS 6 AM - 8 PM	TUE 12/23 HOURS 6 AM - 8 PM	WED 12/24	THU 12/25	FRI 12/26 HOURS 6 AM - 8 PM	SAT 12/27 HOURS 7 AM - 5 PM
CARDIO KICKBOXING 6 - 6:55 AM - JOSH - GYM	RISE & SHINE 6 - 6:55 AM - JOSH - GYM	<b>FACILITY CLOSED</b> <b>HAPPY HOLIDAYS</b>		STRENGTH & CONDITIONING 7 - 7:55 AM - ADREAN - MPR	CARDIO CORE 9:30 - 10:30 AM ERIKA - MPR
HOLIDAY HUSTLE 9 - 9:55 AM - JOSH - MPR	YOGA FOUNDATIONS 9 - 9:55 AM - SIDO - MPR			FUNCTIONAL YOGA 8:45 - 10 AM - TINA - MPR	
LUNCH BREAK 12 - 12:55 PM - JOSH - GYM	TAI CHI FITNESS & BALANCE 10-10:55 AM - CATHERINE - GYM			TOTAL BODY CONDITIONING 10 - 10:55 AM - TINA - MPR	
WARRIOR RHYTHM 5 - 5:55 PM - MICHELLE - MPR	ACTIVE OLDER ADULTS FITNESS 10AM - 12PM - CATHERINE GYM			QIGONG 11 - 12 PM CATHERINE - MPR	
TAI CHI: LONG FORM 6 - 6:55 PM - ALEXIA - MPR	ZUMBA 6:15 - 7:15 PM MARLON - GYM				
HIIT RESET - 7 - 7:50 PM - MYLES GYM					

MON 12/29 HOURS 6 AM - 8 PM	TUE 12/30 HOURS 6 AM - 8 PM	WED 12/31 HOURS 7 AM - 2 PM	THU 1/1 HOURS 7 AM - 2 PM	FRI 1/2 HOURS 6 AM - 8 PM	SAT 1/3 HOURS 7 AM - 3 PM
CARDIO KICKBOXING 6 - 6:55 AM - JOSH - GYM	RISE & SHINE 6 - 6:55 AM - JOSH - GYM	HOLIDAY HUSTLE 9 - 9:55 AM - JOSH - MPR	STRENGTH & CONDITIONING 7 - 8 AM - ADREAN - MPR	STRENGTH & CONDITIONING 7 - 7:55 AM - ADREAN - MPR	CARDIO CORE 9:30 - 10:30 AM ERIKA - MPR
HOLIDAY HUSTLE 9 - 9:55 AM - JOSH - MPR	YOGA FOUNDATIONS 9 - 9:55 AM - SIDO - MPR	LUNCH BREAK 12-1PM - JOSH - GYM	HOLIDAY HUSTLE 9 - 9:55 AM - JOSH - MPR	QIGONG 11 - 12 PM CATHERINE - MPR	
LUNCH BREAK 12 - 1PM - JOSH - GYM	TAI CHI FITNESS & BALANCE 10-10:55 AM - CATHERINE - GYM		YOGA FOUNDATIONS 10 - 10:55 AM - SIDO - MPR		
WARRIOR RHYTHM 5 - 5:55 PM - MICHELLE - MPR	ACTIVE OLDER ADULTS FITNESS 10AM - 12PM - CATHERINE GYM		TAI CHI FITNESS & BALANCE 10-11AM - CATHERINE - GYM		
HIIT RESET - 4:30 - 5:55 PM - MYLES GYM		-	ACTIVE OLDER ADULTS 11:10 - 12 PM CATHERINE - GYM		

1630 NE 38TH AVE, PORTLAND, OR 97232 (503) 284-3377

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# SPECIAL HOLIDAY SCHEDULE

## DANCE & CARDIO

### **Warrior Rhythm** with Heidi

Fitness focused with yoga undertones. It's yoga + weights + HIIT + mindfulness rolled into one insanely rhythmic experience! All levels welcome.

### **Zumba** with Marlon

Dance & aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue, & mambo.

## MIND & BODY AWARENESS

### **Foam Roller & Trigger Point Release (HYBRID)** with 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.

### **Functional Yoga (HYBRID)** with Tina

Power Vinyasa. This actively paced class focuses on developing strength and flexibility with attention to core work. Modifications provided for this approachable and multi-leveled class.

### **Gentle Yoga (HYBRID)** with Tina

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

### **Qigong** with 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 (HYBRID)** with 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** with Catherine

This class is based on a 14 -15 movement 2 corner form, with emphasis on posture, balance, breath work & promoting physical & mental health.

### **Yoga Foundations** with Sido

Ground yourself in a gentle yet energizing yoga class. In a lighthearted group ambiance, we focus on learning traditional poses with an emphasis on stretching and on strength-building.

## STRENGTH & CONDITIONING

### **Active Older Adult (AOA) Fitness** with Catherine

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

### **Cardio ABC (HYBRID)** with Alissa

In this fun, fast-paced & beat driven class, run through a series of cardio, strength or balance movements that represent the letters of a unique phrase. Each movement is 30 to 90 seconds, and warm up & cool down are infused into the week's phrase. Modifications provided.

### **Cardio Core (HYBRID)** with Erika

Challenge yourself with cardio intervals that focus on your core.

### **Cardio Kickboxing** with 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.

### **Circuit Training Group** Member Led

Finish out the workday staying active. Have fun in a supportive environment with new friends at the NECC. Accountability with peers keeps us going! ***All participants of the Circuit Training Group must complete one equipment orientation at the NECC.***

### **Core on the Floor** with Alissa

This Pilates-based mat program engages the full core, from shoulders to glutes & hips. We will run through mindful stretching, lengthening muscles using core strength & stability. Open to all levels, this is an excellent complement to *Whole Body Barre*, or just come for an a la carte power workout.

### **Focused Barre (HYBRID)** with Alissa

Designed to promote total body awareness and focused muscle control. Challenging and fun for all levels, but especially great for beginners to familiarize themselves with barre movements.

### **HIIT Reset!** with Myles

This lively and balanced class features 30 minutes of high intensity interval training (HIIT) followed by 20 minutes of restorative stretches to maximize performance and recovery. A wonderful way to power out the day and finish recovered. Suitable for all fitness levels.

### **Lunch Break** with 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** with Tina

Join us for a quick but effective pilates-based core strengthening class. Leave feeling strong and energized for the rest of your day!

### **Rise and Shine!** with Josh

Attention early birds! The *Rise and Shine!* morning grind mixes strength training, cardio, calisthenics and more with an emphasis on whole body focus *and* functional fitness!

### **Strength & Conditioning** with 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.

### **Total Body Conditioning (HYBRID)** with Tina

A full-body weights class melding Pilates, strength, balance and some cardio. Get ready to sweat!

### **Whole Body Barre (HYBRID)** with Alissa

High-intensity, cardio-infused program targets all muscle groups using elements of ballet, Pilates, and yoga. Modifications available for all levels.

## OTHER

### **Equipment Orientation** with Personal Trainer

New to the NECC or have never received a full tour of the building & our offerings? Meet with one of our personal trainers to set goals, get a building tour, & develop a sample workout program based on our equipment.