



Portland • Oregon

| Studio 1 | | | | | |
|---|--|--|--|--|---|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 6:00am - 7:00am Sunrise Step Ellen | 6:00am - 7:00am Hatha/Iyengar Yoga Jennifer | 6:00am - 7:00am Sunrise Step Ellen | 6:00am - 7:00am Hatha/Iyengar Yoga Jennifer | 7:45am - 8:30am SilverSneakers® YogaStretch Justin | 8:30am - 9:30am Punch Michael |
| 7:45am - 8:30am SilverSneakers® YogaStretch Ellen | 8:30am - 9:50am Gentle Yoga Violeta | 7:45am - 8:30am SilverSneakers® YogaStretch Ellen | 8:30am - 9:50am Gentle Yoga Violeta | 8:50am - 9:50am Senior Fit Justin | 9:45am - 10:45am Yolates Bethany |
| 8:50am - 9:50am Senior Fit Ellen | 9:30am - 10:00am SWAT Justin in the Cybex area | 8:50am - 9:50am Senior Fit Jody | 9:30am - 10:00am SWAT Jody in the Cybex area | 10:00am - 10:50am SilverSneakers® Cardio Circuit Justin | 11:15am - 12:15pm Hatha Yoga Barbara |
| 10:00am - 10:50am SilverSneakers® Cardio Circuit Ellen | 10:00am - 11:00am Senior Strength & Conditioning Jody | 10:00am - 10:50am SilverSneakers® Cardio Circuit Jody | 10:00am - 11:00am Senior Strength & Conditioning Jody | 11:15am - 12:00pm Pilates Mat II Darcy | 2:00pm - 2:45pm SilverSneakers® MSROM Jody |
| 11:15am - 12:00pm Pilates Mat Darcy | 11:15am - 12:00pm The Lift Jody | 11:15am - 12:00pm Pilates Mat Darcy | 11:15am - 12:00pm The Lift Regina | 12:15pm - 1:00pm Cardioboxing Regina | |
| 12:15pm - 1:00pm Cardioboxing Regina | 12:15pm - 12:45pm M-Core Michael | 12:15pm - 1:00pm Power Step Regina | 12:15pm - 12:45pm M-Core Michael | 1:05pm - 2:00pm Line Dancing Joyce | |
| 1:05pm - 2:00pm Line Dancing Joyce | 1:00pm - 1:45pm Silver&Fit® Zumba® Gold Jennifer | 1:05pm - 2:00pm Line Dancing Joyce | 1:00pm - 1:45pm Silver&Fit® Zumba® Gold Jennifer | 2:15pm - 3:00pm Senior Yoga Rebecca | |
| 2:15pm - 3:00pm SilverSneakers® YogaStretch Justin | 2:00pm - 2:45pm SilverSneakers® MSROM Justin | 2:15pm - 3:00pm SilverSneakers® YogaStretch Sally | 2:00pm - 2:45pm SilverSneakers® MSROM Justin | 4:30pm - 5:15pm The Lift Regina | |
| 5:30pm - 6:30pm Cardioboxing Regina | 4:30pm - 5:20pm Zumba® Jennifer | 4:30pm - 5:15pm Power Step Regina | 4:30pm - 5:20pm Zumba® Jennifer | 5:30pm - 6:30pm Cardioboxing * Regina | |
| 6:45pm - 8:00pm Intermediate Hatha Yoga Barbara | 5:30pm - 6:30pm The Lift Regina | 6:45pm - 8:00pm Intermediate Hatha Yoga Emily | 5:30pm - 6:30pm The Lift Regina | 5:30pm - 6:30pm Hip Hop * Regina | |
| 8:15pm - 9:30pm Hatha Yoga Treva | 8:00pm - 9:15pm Hatha Yoga Treva | | 8:00pm - 9:15pm Hatha Yoga Ellen | | |

| Studio 2 | | | | | |
|--|---|--|---|---|--|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 5:30am - 6:15am Cycling Bethany | 6:00am - 7:00am Ultimate Kickboxing | 5:30am - 6:15am Cycling Bethany | 10:00am - 11:00am Therapeutic Yoga Violeta | 6:00am - 7:00am Ultimate Kickboxing Tony | 8:00am - 9:00am Cycling Bridget |
| 9:30am - 10:30am Cycling Dawn | 10:00am - 11:00am Therapeutic Yoga Violeta | 9:30am - 10:30am Cycling Dawn | 12:30pm - 1:00pm Cyclone Regina | 12:30pm - 1:00pm Line Dance Practice | |
| 12:30pm - 1:00pm Line Dance Practice | 1:30pm - 2:30pm Private Class | 12:30pm - 1:00pm Line Dance Practice | 1:30pm - 2:30pm Private Class | 6:00pm - 7:00pm Private Martial Arts | |
| 6:30pm - 7:30pm Cycling Regina | 4:30pm - 5:30pm Cycling Regina | 6:00pm - 7:00pm Private Martial Arts | 4:30pm - 5:30pm Cycling Regina | | |
| | 6:00pm - 7:00pm Ultimate Kickboxing | | 6:00pm - 7:00pm Ultimate Kickboxing Tony | | |

* Hip Hop 1st and 3rd Friday of the month; Cardioboxing 2nd and 4th Friday of the month.



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Cardio Boxing - Designed with a combination of boxing, martial arts and fitness movements that will challenge you physically while gaining strength, ambition, balance, and endurance. Burn calories in a fun and fast paced workout!

Cycling - Cycle indoors and put the pedal to the "metal". Sprint and climb your way to a better physique! Excellent for improving cardiovascular fitness, this class is geared for all fitness levels.

Cyclone - 30 minute version of the cycling class. Great for just getting started or if you just need a quick workout! Enjoy cycling outside of the rain, with great music!

Gentle Yoga - Basic style Hatha Yoga using props and specific instruction to help tailor the movements and poses to each individual. The focus is on stretching, relaxation, balance and core strengthening. Open to all levels.

Hatha Yoga - Strengthen, stretch and relax in a restorative and standing format. This class is open to all levels.

Hatha/Iyengar Yoga - Hatha yoga with Iyengar principles. This class focuses on correct body alignment, strength and flexibility; often using props like blocks, blankets and straps to help adjust and support oneself in the different positions. The class is taught in standing and restorative format to all levels.

Hip Hop - Dance your way to better fitness with this youthful, high-energy cardio class using the hottest R&B, pop and Hip Hop music. It emphasizes body movement and rhythm.

Intermediate Hatha Yoga - Taking Hatha Yoga to the next level. Focus is on strength, balance and flexibility. Previous Yoga experience is recommended before attending.

Lift - 45 or 60 minute group class with resistance training. A simple and practical variety of free weight exercises, coupled with cardiovascular strength exercises to produce results. This class is for all levels interested in body sculpting and core conditioning.

Line Dance - Learn how to dance the electric slide, waltz, country, and more in this fun class that will surely have you kickin' up your heels. All levels and all ages welcome!

M-Core - The ultimate class for the best abs! Stability Balls and a variety of other abdominal exercises are used.

Pilates Mat - Pilates works the deeper core muscles to achieve efficient and graceful movement, improve alignment, breathing, and body awareness. It delivers simultaneous stretching and strengthening in a non-impact balanced system of body/mind exercise. Mats are provided.

Pilates Mat II - This class is for intermediate students who have some experience with Pilates.

Power Step - This class is full of intensity involving choreography and POWER step moves, free flowing from one move to the next.

PUNCH! - Boxing style conditioning emphasizing traditional boxing and fitness exercises including jump rope, pushups, stamina drills, agility exercises and sparring with the instructor.

Senior Yoga - A low-impact, low-intensity workout designed for all ages to improve strength, flexibility and balance. Exercises are performed both in standing and seated in a chair.

Senior Fit - Aerobics and strength conditioning using weights, bands and balls. Enjoy socializing while exercising! Chairs are used for relaxation and support.

Silver&Fit Dance powered by Zumba® Gold - Silver&Fit Dance is a fun filled, safe and easy to follow Latin dance program created for the active older adult and appropriate for all fitness levels. Rhythms like the Merengue, Salsa, Cha Cha, Belly Dance, Cumbia, Flamenco, Tango, and Rock and Roll are simplified and broken down to emphasize the basics while creating a total body workout that is motivational, inspiring and fun. "Ditch the workout and join the party!"

SilverSneakers® "Muscular Strength and Range of Movement" - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers® "Cardio Circuit" - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

SilverSneakers® YogaStretch - move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Strength & Conditioning - Geared for the young at heart, this is a low-impact total body-conditioning workout. Strength, conditioning and flexibility are the cornerstones of this less strenuous but solid workout. Fun Group!

SWAT (Seniors Weights and Toning) - 30-minute circuit training class on the Cybex machines. The class is designed for seniors who want to get strong and learn to use the weight machines. "Get fit together and laugh together!"

Therapeutic Yoga - A combination of restorative yoga, gentle yoga, breath work and guided meditation.

Ultimate Kickboxing Workout - Develop balance, strength, flexibility and cardiovascular endurance using standup skills such as punching, kicking, striking and throwing in addition to learning useful self-defense techniques. It's a great workout!

Yolates - Pilates and Yoga in one flowing class! Movements soothe & strengthen with heart meditation for the soul.

Zumba® - This is a high energy; Latin based dance fitness class that is geared to all ages and athletic abilities. "It is the best party around!"