



Studio 1					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45am - 8:30am <b>Senior Yoga</b> Lori	6:00am - 7:00am <b>Hatha/Iyengar Yoga</b> Jennifer	7:45am - 8:30am <b>MYMA® Movement</b> Angi	6:00am - 7:00am <b>Hatha/Iyengar Yoga</b> Jennifer	7:45am - 8:30am <b>MYMA® Movement</b> Angi	8:30am - 9:30am <b>Zumba®</b> Andréé
8:50am - 9:50am <b>Senior Fit</b> Justin	7:15am - 8:15am <b>Vinyasa Yoga</b> Catiebelle	8:50am - 9:50am <b>Senior Fit</b> Angi	7:15am - 8:15am <b>Vinyasa Yoga</b> Catiebelle	8:50am - 9:50am <b>Senior Fit</b> Angi	9:45am - 10:45am <b>Pilates</b> Sarah
10:00am - 10:50am <b>Senior Cardio &amp; Strength</b> Lori	7:30am - 8:30am <b>Max Training (Fee Class)</b> Michael	10:00am - 10:50am <b>Senior Cardio &amp; Strength</b> Lori	7:30am - 8:30am <b>Max Training (Fee Class)</b> Michael	10:00am - 10:50am <b>Senior Cardio &amp; Strength</b> Lori	11:15am - 12:15pm <b>Hatha Yoga</b> Barbara
11:00am - 12:00pm <b>Max Training (Fee Class)</b> Regina	8:30am - 9:50am <b>Gentle Yoga</b> Sherri	11:00am - 12:00pm <b>Max Training (Fee Class)</b> Regina	8:30am - 9:50am <b>Gentle Yoga</b> Sherri	11:15am - 12:00pm <b>Pilates Mat</b> Lucy	1:00pm - 1:45pm <b>Senior Fit</b> Andréé
11:15am - 12:00pm <b>Pilates Mat</b> Lucy	10:00am - 10:50am <b>Senior Strength &amp; Conditioning</b> Andréé	11:15am - 12:00pm <b>Pilates Mat</b> Jennie	10:00am - 10:50am <b>Senior Strength &amp; Conditioning</b> Andréé	12:15pm - 1:00pm <b>Cardioboxing</b> Regina	
12:15pm - 1:00pm <b>Cardioboxing</b> Regina	11:15am - 12:00pm <b>The Lift</b> Regina	12:15pm - 1:00pm <b>Hip Hop</b> Regina	11:15am - 12:00pm <b>The Lift</b> Regina	1:05pm - 2:00pm <b>Line Dancing</b> Joyce	
1:05pm - 2:00pm <b>Line Dancing</b> Joyce	12:15pm - 12:45pm <b>Core</b> Jacob	1:05pm - 2:00pm <b>Line Dancing</b> Joyce	12:15pm - 12:45pm <b>Core</b> Lori	2:15pm - 3:00pm <b>Senior Yoga</b> Justin	<b>Sunday</b>
2:15pm - 3:00pm <b>Senior Yoga</b> Justin	1:00pm - 1:50pm <b>Senior Fit</b> Justin	2:15pm - 3:00pm <b>Senior Yoga</b> Lori	1:00pm - 1:50pm <b>Senior Fit</b> Justin	4:30pm - 5:15pm <b>P.E.X.</b> (in the Max Studio) Regina	
4:30pm - 5:15pm <b>P.E.X.</b> (in the Max Studio) Regina	2:00pm - 2:45pm <b>Zumba® Gold</b> Jennifer	4:30pm - 5:15pm <b>P.E.X.</b> (in the Max Studio) Regina	2:00pm - 2:45pm <b>Zumba® Gold</b> Jennifer		10:00am - 11:00am <b>Boot Camp (Fee Class)</b> Sue
5:30pm - 6:30pm <b>Cardioboxing</b> Regina	4:30pm - 5:20pm <b>Zumba®</b> Bruce	5:30pm - 6:30pm <b>Zumba®</b> Bruce	4:30pm - 5:20pm <b>Zumba®</b> Bruce		
6:45pm - 7:45pm <b>Volates</b> Darcy	5:30pm - 6:30pm <b>The Lift</b> Andréé	6:45pm - 7:45pm <b>Volates</b> Darcy	5:30pm - 6:30pm <b>The Lift</b> Regina		
	6:45pm - 7:45pm <b>Boot Camp (Fee Class)</b> Sue		6:45pm - 7:45pm <b>Boot Camp (Fee Class)</b> Sue		

Studio 2					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am - 10:30am <b>Cycling</b> Dawn	10:00am - 11:00am <b>Therapeutic Yoga &amp; Pilates</b> Jordan	9:30am - 10:30am <b>Cycling</b> Dawn	10:00am - 11:00am <b>Therapeutic Yoga &amp; Pilates</b> Jordan	9:30am - 10:30am <b>Cycling</b> Dawn	
12:30pm - 1:00pm <b>Line Dance Practice</b> Staff	11:15am - 12:00pm <b>Tai Chi: Moving for Better Balance</b> Steve	12:30pm - 1:00pm <b>Line Dance Practice</b> Staff	11:15am - 12:00pm <b>Tai Chi: Moving for Better Balance</b> Steve	12:30pm - 1:00pm <b>Line Dance Practice</b> Staff	
6:30pm - 7:30pm <b>Cycling</b> Regina	4:30pm - 5:30pm <b>Cycling</b> Regina		4:30pm - 5:30pm <b>Cycling</b> Regina		



**Boot Camp (Fee Class)** - Cardio, strength and flexibility in a fun supportive setting; everyone works at his/her own level of intensity. Cost is \$100 for 10 classes. Contact the instructor, Sue Ritchey, at [rsritchey@comcast.net](mailto:rsritchey@comcast.net) or 503.793.1179 for more info and to enroll.

**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!

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

**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.

**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 for restoration.

**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.

**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.

**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!

**Max Training (Fee Class)** - Group personal training with fun, functional, and practical exercise. Full body, high intensity exercise in a group environment but designed to fit your needs. Each session is 1/2 hour. Contact Michael White or Regina Brooks for more information.

**MYMA® Movement** - A stretch movement class that applies Chinese Medicine to fitness. A combination of Qigong movements, Tui Na massage, and Physical Therapy stretches, the individual becomes strong in the body and the mind through movement, massage, and awareness. Appropriate for all ages and fitness levels.

**P.E.X. - (Power Extreme Training Boot Camp)** A cardio filled, calorie burning, muscle toning boot camp! Bring your towel to wipe off the sweat and let P.E.X. do the rest! This class is limited to 10 people.

**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.

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

**Senior Cardio & Strength** - For seniors who are fit and active looking for a challenge. A low-impact aerobic workout combined with upper and lower body strength exercises, abdominal conditioning, stretching and relaxation.

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

**Senior Yoga** - 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 main focus of the workout.

**Therapeutic Yoga & Pilates** - Strengthen the muscles of your core: the abdominals, back, hips and gluts to help you feel strong and stable. Restore your energy levels with relaxing segments of breathing and guided meditation. Small classes with semi-private instruction.

**Tai Chi: Moving for Better Balance** - A healing and energizing class that combines many martial arts movements with energy circulation, breathing, balance and stretching techniques.

**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!

**Vinyasa Yoga** - Invigorate your day with movement and breath in this intermediate class. Vinyasa yoga is flowing movements to give you a strength workout along with stretching. Some yoga experience recommended.

**Yolates** - A blend of Yoga stretching and Pilates strengthening. Move through a variety of exercises, strengthening alternate areas that are typically neglected, and stretching areas that need release. All levels welcome, modifications are offered for all the exercises and stretches!

**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!"

**Zumba® Gold endorsed by Silver&Fit®** - Zumba® Gold 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!"