



Portland • Oregon

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

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

\* Hip Hop class and Cardioboxing class trade off every other Friday.



**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!"