

LLOYD ATHLETIC CLUB





Portland • Oregon

Group Fitness Class Schedules

updated: December 3, 2018

www.lloydac.com

503-287-4594

Studio 1					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45am - 8:30am Senior Yoga Lori	7:15am - 8:15am Morning Yoga Flow Jane	7:45am - 8:30am Senior Yoga Lori	7:15am - 8:15am Morning Yoga Flow Jane	7:45am - 8:30am Senior Yoga Lori	9:00am - 9:50am Zumba® André
8:50am - 9:50am Senior Fit Justin	7:30am - 8:30am Max Training (Fee Class) Michael	8:50am - 9:50am Senior Fit Justin	7:30am - 8:30am Max Training (Fee Class) Michael	8:50am - 9:50am Senior Fit Justin	10:00am - 11:00am Pilates Sarah
10:00am - 10:50am Senior Cardio & Strength Lori	8:30am - 9:50am Gentle Yoga Sherri	10:00am - 10:50am Senior Cardio & Strength Lori	8:30am - 9:50am Gentle Yoga Sherri	10:00am - 10:50am Senior Cardio & Strength Lori	11:15am - 12:15pm Hatha Yoga Barbara
11:00am - 12:00pm Max Training (Fee Class) Regina	10:00am - 10:50am Senior Strength & Conditioning André	11:00am - 12:00pm Max Training (Fee Class) Regina	10:00am - 10:50am Senior Strength & Conditioning André	11:15am - 12:00pm Pilates Mat Lucy	12:30pm - 1:15pm Senior Fit Stephanie
11:15am - 12:00pm Pilates Mat Lucy	11:15am - 12:00pm The Lift Regina	11:15am - 12:00pm Pilates Mat Jennie	11:15am - 12:00pm The Lift Regina	12:15pm - 1:00pm Cardioboxing Regina	
12:15pm - 1:00pm Cardioboxing Regina	12:15pm - 12:45pm Core Jacob	12:15pm - 1:00pm Hip Hop Regina	12:15pm - 12:45pm Core Lori	1:05pm - 2:00pm Line Dancing Joyce	
1:05pm - 2:00pm Line Dancing Joyce	1:00pm - 1:50pm Senior Fit Justin	1:05pm - 2:00pm Line Dancing Joyce	1:00pm - 1:50pm Senior Fit Justin	2:15pm - 3:00pm Senior Yoga Marcus	Sunday
2:15pm - 3:00pm Senior Yoga Justin	2:00pm - 2:45pm Zumba® Gold Jennifer 	2:15pm - 3:00pm Senior Yoga Justin	2:00pm - 2:45pm Zumba® Gold Danny 	4:30pm - 5:15pm P.E.X. (in the Max Studio) Regina	10:00am - 11:00am Boot Camp (Fee Class) Sue
4:30pm - 5:15pm P.E.X. (in the Max Studio) Regina	4:30pm - 5:20pm Zumba® Bruce	4:30pm - 5:15pm P.E.X. (in the Max Studio) Regina	4:30pm - 5:20pm Zumba® Bruce		
5:30pm - 6:30pm Cardioboxing Regina	5:30pm - 6:30pm The Lift André	5:30pm - 6:30pm Zumba® Bruce	5:30pm - 6:30pm The Lift Regina		
6:45pm - 8:00pm Hatha Yoga Hannah	6:45pm - 7:45pm Boot Camp (Fee Class) Sue	6:45pm - 8:00pm Hatha Yoga Marcus	6:45pm - 7:45pm Boot Camp (Fee Class) Sue		

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

Morning Yoga Flow

Begin the day with a flow of Vinyasa sun salutations, Hatha yoga alignment poses, and breath work. All levels welcome.

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.

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!"