



Studio 1					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:10am - 7:00am Sunrise Step Bethany	6:00am - 7:00am Hatha/Iyengar Yoga Jennifer	6:10am - 7:00am Sunrise Step Bethany	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 Ellen	7:45am - 8:30am Senior Yoga Sarah	8:30am - 9:50am Gentle Yoga Ellen	8:50am - 9:50am Senior Fit Justin	9:45am - 10:45am Yolates Bethany
8:50am - 9:50am Senior Fit Justin	9:30am - 10:00am SWAT Sandy in the Cybex area	8:50am - 9:50am Senior Fit Sandy	9:30am - 10:00am SWAT Sandy in the Cybex area	10:00am - 10:50am SilverSneakers® Cardio Circuit Ellen	11:15am - 12:15pm Hatha Yoga Barbara
10:00am - 10:50am SilverSneakers® Cardio Circuit Ellen	10:05am - 11:00am Senior Strength & Conditioning Ellen	10:00am - 10:50am SilverSneakers® Cardio Circuit Sandy	10:05am - 11:00am Senior Strength & Conditioning Sandy	11:15am - 12:00pm Pilates Mat Elizabeth	1:00pm - 1:45pm SilverSneakers® MSROM Sandy
11:15am - 12:00pm Pilates Mat Darcy	11:15am - 12:00pm The Lift Qiana	11:15am - 12:00pm Pilates Mat Elizabeth	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 SilverSneakers® MSROM Sandy	1:05pm - 2:00pm Line Dancing Joyce	1:00pm - 1:45pm SilverSneakers® MSROM Justin	2:15pm - 3:00pm Senior Yoga Rebecca	
2:15pm - 3:00pm SilverSneakers® YogaStretch Ellen	2:00pm - 2:45pm Silver&Fit® Zumba® Gold Jennifer	2:15pm - 3:00pm SilverSneakers® YogaStretch Justin	2:00pm - 2:45pm Silver&Fit® Zumba® Gold Jennifer	4:30pm - 5:15pm P.E.X. Regina	
5:30pm - 6:30pm Cardioboxing Regina	4:30pm - 5:20pm Zumba® Jennifer	4:30pm - 5:15pm P.E.X. Regina	4:30pm - 5:20pm Zumba® Jennifer	5:30pm - 6:30pm Cardioboxing * Regina	
6:45pm - 8:00pm Intermediate Hatha Yoga Treva	5:30pm - 6:30pm The Lift Regina	5:30pm - 6:30pm Zumba® Michael K.	5:30pm - 6:30pm The Lift Regina	5:30pm - 6:30pm Hip Hop * Regina	
8:15pm - 9:30pm Hatha Yoga Treva	6:45pm - 7:45pm Boot Camp (Fee Class) Sue	6:45pm - 8:00pm Intermediate Hatha Yoga Treva	6:45pm - 7:45pm Boot Camp (Fee Class) Sue		
	8:00pm - 9:15pm Callanetics Carolyn		8:00pm - 9:15pm Hatha Yoga Jordan		

Studio 2					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am - 10:30am Cycling Dawn	6:00am - 7:00am Ultimate Kickboxing	9:30am - 10:30am Cycling Dawn	10:00am - 10:55am Therapeutic Yoga & Pilates Jordan	6:00am - 7:00am Ultimate Kickboxing Tony	8:00am - 9:00am Cycling Bridget
12:30pm - 1:00pm Line Dance Practice Marcey	10:00am - 10:55am Therapeutic Yoga & Pilates Jordan	12:30pm - 1:00pm Line Dance Practice Marcey	11:05am - 12:00pm Tai Chi Steve	12:30pm - 1:00pm Line Dance Practice Marcey	
6:30pm - 7:30pm Cycling Regina	11:05am - 12:00pm Tai Chi Steve	5:30pm - 6:30pm Cycling Matt	4:30pm - 5:30pm Cycling Regina	6:00pm - 7:00pm Private Martial Arts	
	4:30pm - 5:30pm Cycling Regina	6:30pm - 8:00pm Private Kickboxing Tony	6:00pm - 7:00pm Ultimate Kickboxing Tony		
	6:00pm - 7:00pm Ultimate Kickboxing				

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



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.

Callanetics - Non-impact exercise appropriate for all ages and fitness levels. Designed to improve body alignment, this class combines bodywork and matwork philosophies from yoga, tai chi and dance. Callanetics, Yoga and Pilates all support and compliment each other encouraging strength and toning of the core to protect the body.

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.

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.

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.

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!

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.

PUNCH! – Boxing style conditioning emphasizing traditional boxing and fitness exercises including jump rope, pushups, stamina drills, agility exercises and sparring with the instructor; Punch Michael in his rock hard "M-Core" abs!

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 main focus of the workout.

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 using the weight machines.

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 - 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!

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!"