

# WEEKLY FITNESS SCHEDULE

## SOUTHWEST COMMUNITY CENTER

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am 7:00am	Morning Blast Gail	Power Yoga Rae	Morning Blast Gail	Power Yoga Rae	Morning Blast Gail		
(In Gym) 6:00 am 8:00 am	Circuit City John--in gym 6:00-8:00 <i>*drop in</i>	other programs in gym	Circuit City John--in gym 6:00-8:00 <i>*drop in</i>	other programs in gym	Circuit City John--in gym 6:00-8:00 <i>*drop in</i>		
7:10am 8:10am	20-20-20 Ally	Pilates Method Level 2 Maya	20-20-20 Ally	Pilates Method Level 2 Maya	20-20-20 Ally	Power Yoga Alesha H. 7:15-8:15	
8:20am 9:25am	Dance, Dance Dance! Bonnie	Power Barre Maya 8:20-9:40	Dance, Dance Dance! Paula	Crossfit-Ness Gail 8:20-9:40	Dance, Dance Dance! Paula	Zumba Kimo 8:30 - 9:30	
9:35am 10:35am	Boot Camp Victoria	Yoga Jim G. 9:50-10:50	Boot Camp Victoria	Yoga Anna 9:50-10:50	Boot Camp Victoria	Cardio Camp Michael	Body Blitz Paula 9:10 - 10:00
11:00am 11:55am	Beach Body 11:00-12:00	The Time of Your Life (Boomer Fitness) Anna	Beach Body 11:00-12:00	The Time of Your Life (Boomer Fitness) Anna	Crossfit-Ness John 11:00-12:00	Crossfit-Ness Gail 11:00-12:00	Dance, Dance, Dance! Paula 10:15 - 11:15
12:05pm 1:00pm	Heavy Metal Gail	Zumba Kimo	Heavy Metal Gail	Zumba Kimo	S.L.E.E.K. Barre Maya	Burn 'n' Firm Laurie	Boot Camp John 11:30 - 12:30
1:05pm 2:00pm	Pilates Method Anna 1:10-2:05	Tai Chi for Health (Beginning) Diane	Pilates Method Anna 1:10-2:05	Tai Chi for Health (Advanced) Diane	Pilates Method Danita		Zumba Alesha K. 12:45 - 1:45
2:05pm 3:05pm	Yoga Anna 2:10-3:10	Silver Streaks Anna	Yoga Anna 2:10-3:10	Silver Streaks Phyllis	Pre Ballet & First Steps in Group Ex Studio  See Youth Programming in Guide. For Details Call 503-823-2850	Family Training Zone Tiffini 2:15-3:15	Bodies Behind Bars Tiffini 2:00 - 2:55
3:10pm 3:55pm	Zumba Gold Kimo 3:15-4:15	Gentle Tai Chi for better balance Diane	Zumba Gold Kimo 3:15-4:15	30 Minute Makeover 3:25-3:55			Prenatal Yoga Kate 3:00 - 4:00
4:00pm 4:20pm		Ab Fab		Ab Fab			Gentle Yoga Kate 4:00 - 5:00
4:25pm 5:25pm	Low Impact Phyllis	BodyBuff	Low Impact Phyllis	BodyBuff			
5:30PM 6:30PM	Cardio Kickboxing Eric	Heavy Metal	Cardio Kickboxing Eric	Crossfit-ness Victoria	Zumba Gold Kimo		
6:35PM 7:35PM	Triple Threat	Yoga Kate	Triple Threat	Yoga Kate	Zumba Kimo		
7:45PM 8:45PM	Yoga Alesha H. 8:00-9:00	Zumba Sarah	Yoga Laura 7:45-9:00	Global Belly Grooves Ahndine 7:45-9:15	Hip Hop Kimo		

# CLASSES FOR EVERY AGE, SHAPE & FITNESS LEVEL

THE GROUP EXERCISE SCHEDULE IS SUBJECT TO CHANGE.  
PLEASE CALL 503.823.2840 FOR THE MOST UP-TO-DATE INFORMATION.

<b>BEGINNER</b>	<p><b>SILVER STREAKS:</b> Gentle exercise incorporating an active warm-up, chair and standing work, stretching and strengthening to promote flexible joints, stronger muscles, and healthier backs. Special rehabilitative exercises are included to enhance balance.</p> <p><b>20-20-20:</b> This is a contemporary, cutting-edge variable class format consisting of 20 min of non-impact aerobics, 20 min of strength training, and 20 min of functional and static stretching.</p>	<b>INTERMEDIATE</b> <p><b>AB FAB:</b> Includes twenty minutes of intense abdominal strengthening exercises giving you a stronger, leaner core.</p> <p><b>ZUMBA:</b> A high energy combination of Latin/Reggae and Salsa dance steps, sure to rock your socks off! No previous dance experience necessary!</p>
<b>BEGINNER / INTERMEDIATE</b>	<p><b>LOW IMPACT:</b> A great workout for all, Low Impact aerobics will boost your energy level, burn calories, reduce stress, &amp; get you in shape. No experience (or spandex) necessary!</p> <p><b>HIP HOP:</b> Smooth out your groove with easy to learn contemporary hip hop moves. A fun workout that will make an hour of total-body exercise fly by! All teens welcome.</p> <p><b>THE TIME OF YOUR LIFE (BOOMER FITNESS):</b> A brilliant mix of floor cardio, cardio-strength, muscular endurance, core training, yoga, Pilates, and balance work. Designed specifically for Baby Boomers!</p> <p><b>ZUMBA GOLD:</b> Specifically designed to take the exciting Latin and International dance rhythms created in the original Zumba and bring them to the active older adults, beginner participants and other special populations that may need modifications for success.</p>	<b>INTERMEDIATE/ADVANCED</b> <p><b>BURN 'N' FIRM:</b> Get your sweat on in this fat burning, muscle firming workout! Cardio and weights strengthen the body inside and out.</p> <p><b>DANCE, DANCE, DANCE!</b> 40-50 minutes of continuous movement done to music styles as diverse as Classic Rock, Mad Men standards, Hip Hop, Latin, Disco, Swing, African Rhythms and more!! Fun fast-paced choreography keeps your brain engaged as you leap, turn, twist and twirl your way into a sleeker physique!! Finish with strength and power moves and comprehensive core training!</p> <p><b>CARDIO CAMP:</b> Straightforward intense floor aerobics followed by abdominal and flexibility work. A great way to start your weekend!!</p> <p><b>BODIES BEHIND BARS:</b> Reset your metabolism and build lean, toned muscles using the versatile body bar! This class offers a full body muscular endurance workout while blasting away fat!</p> <p><b>CIRCUIT CITY:</b> Box, pump, and Jam your way through different workout stations in this awesome circuit training class. Drop in for however long you want your workout to last! you pick the duration!</p> <p><b>CARDIO KICKBOXING:</b> Kick, punch, and jab your way to a fit physique!! Fun and easy kickboxing moves, will conquer daily stress and demolish up to 800 calories a session!</p> <p><b>30 MINUTE MAKEOVER:</b> In just 30 minutes you'll work every muscle head to toe leaving you feeling strong and fit in no time! This class will focus on short drills of high intensity movements, both strength and cardio, giving you an efficient time effective workout!</p>
<b>MIND/BODY</b>	<p><b>TAI CHI FOR HEALTH:</b> This particular form has been shown to be helpful to participants with arthritis. Tai chi has also been shown to be effective in improving diabetes, osteoporosis, depression, fibromyalgia, and heart function. It consists of slow, gentle movements and includes warm-up exercises to improve balance and flexibility, and to strengthen core and legs.</p> <p><b>PRENATAL YOGA:</b> Connect your breath to relaxation in preparation for labor, delivery and parenting. Focus on hip opening and pelvic floor exercises.</p> <p><b>GENTLE YOGA:</b> Wrap up your busy week with this light, relaxing yoga experience! This class focuses on deep breathing techniques and soft muscle conditioning.</p> <p><b>PILATES METHOD:</b> Pilates exercises have long been renowned for producing long, lean physiques. Exercises focus on the body's core muscles (abs and back) and are gentle in nature.</p> <p><b>PILATES METHOD 2:</b> The next step up from Pilates Method. Learn and practice intermediate level exercises.</p> <p><b>YOGA:</b> Enjoy a renewed sense of balance and calm in a mixed - level yoga session. Improve your health, tone your muscles and internal organs, and strengthen your bones. You don't have to twist yourself into a pretzel to do yoga; yoga is for everyone!</p> <p><b>POWER YOGA:</b> Start your day in a powerful way with this challenging yet regenerative Astanga-Style yoga class.</p> <p><b>GENTLE TAI CHI FOR BETTER BALANCE:</b> Warm-up exercises and tai chi movements to strengthen legs, improve balance, and become more aware of stable postures</p> <p><b>GLOBAL BELLY GROOVES:</b> Have fun and get a great workout belly dancing around the globe! West meets East! Global Belly Moves is for any size or age! We do a lot of isolation exercises with focus on strength and grace. Although the class is structured, you will learn how to improvise your dance to truly let your inhibitions go and have fun!</p> <p><b>S.L.E.E.K. BARRE:</b> S.L.E.E.K. (Supple,Lean,Elongated,Energized,Kinetic) Barre Workout is a total body workout promoting toned and sculpted muscles, beautiful posture, core stability, alignment, balance, fluid movement, and vitality. Set to lovely classical music, incorporating the ballet barre, and combining various disciplines including dance, Pilates, and traditional strength/calisthenics exercises, this fun class will benefit people of every age and ability!</p> <p><b>POWER BARRE:</b> Add the benefits of barre exercise to total body strength training and what do you get? A complete workout that's targeted to give you your best body ever! We will be combining the most effective movement sequences from dance, Pilates, body weight calisthenics and resistance training using weights, balls, and bands to promote thorough muscle balance, endurance, and strength. This remarkably adaptable exercise system suits all fitness levels!</p>	<b>ADVANCED</b> <p><b>BODYBUFF:</b> Tough, straightforward muscle work for lean muscle definition and better body confidence. Uses a variety of strength training devices and philosophies.</p> <p><b>MORNING BLAST:</b> This fast-paced, ever-changing mix of strength + cardio exercises keeps muscles guessing and minds from becoming bored. This class uses a variety of formats and equipment! Let this class be your first stop in your journey of daily accomplishments!</p> <p><b>BEACH BODY.:</b> This non-traditional strength training class features dumbbells, exercubes, and gliders to strengthen and shape your butt and legs, along with tons of ab work to develop a major six pack and sculpted arms.</p> <p><b>BOOT CAMP:</b> Boot Camp offers you the benefits of a basic training cardio work, and Top Gun full body weight training! Finish up with a world class abdominal session, and soothing head to toe stretch.</p> <p><b>HEAVY METAL:</b> This fun new format uses Kettlebells, a secret weapon of Olympic athletes to shape up from head to toe quickly!</p> <p><b>TRIPLE THREAT:</b> BOOTCAMP, BEACH BODY, HEAVY METAL- These are the classes that take your body into overdrive and maximum kcal burn. Get the best of all 3 with TRIPLE THREAT!!</p> <p><b>BODY BLITZ:</b> Nothing burns calories and gets you fit fast like interval training!! This class features alternating cardio bursts and super strength training intervals with a cool Pilates flavor, all focusing on the Step!!</p> <p><b>CROSSFIT-NESS:</b> Our Crossfit-ness class utilizes the best of Tabata and HIIT training under the supervision of highly skilled professional trainers certified by internationally accredited associations. This is the high intensity interval training you've heard about made safer and more effective through application of sound proven principles of exercise science.</p>
		<b>FAMILY</b> <p><b>FAMILY TRAINING ZONE:</b> -MUST BE AT LEAST 9 YEARS OLD (parents/guardians welcome to participate) Join one of our certified personal trainers, and get your workout under the supervision of qualified professionals. A variety of cardio and strength equipment will be available for you to utilize to help you train for your fitness goals.</p>

ALL GROUP EXERCISE CLASSES ARE FREE WITH DAILY, 20 VISIT, 3 MONTH OR ANNUAL PASS.  
YOUTH 13 YEARS AND OLDER WELCOME.

