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	**Blast 'n' Chill** Gail		
(In Gym) 6:00 am 8:00 am	**Circuit City** John--in gym **6:00-8:00** **drop in*	**Circuit City** John--in gym **6:00-8:00** **drop in*	**Circuit City** John--in gym **6:00-8:00** **drop in*	**Circuit City** John--in gym **6:00-8:00** **drop in*	**Circuit City** John--in gym **6:00-8:00** **drop in*		
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!**	**Power Barre** Maya **8:20-9:40**	**Dance, Dance Dance!** Paula	**Super Fit** Gail **8:20-9:40**	**Dance, Dance Dance!** Paula	**Zumba** Kimo **8:30 - 9:30**	
9:35am 10:35am	**Boot Camp** Morgan	**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	Instructor Training	**The Time of Your Life (Boomer Fitness)** Anna	Instructor Training	**The Time of Your Life (Boomer Fitness)** Anna	**Super Fit** John **11:00-12:00**	**Super Fit** Gail **11:00-12:00**	**Dance, Dance, Dance!** Paula **10:15 - 11:15**
12:05pm 1:00pm	**Heavy Metal** Gail **12:00-1:00**	**Zumba** Kimo	**Heavy Metal** Gail **12:00-1:00**	**Zumba** Michelle	**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**	Beginning **Tai Chi** Diane	**Pilates Method** Anna **1:10-2:05**	Advanced **Tai Chi** Diane	**Pilates Method** Danita	**Deep Stretch Yoga** Gail **1:10-2:10**	**Zumba** Jasmine **12:45 - 1:45**
2:05pm 3:05pm	**Yoga** Anna **2:10-3:10**	**Silver Streaks** Phyllis	**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		
3:10pm 3:55pm	**Zumba Gold** Kimo **3:15-4:15**	**Gentle Tai Chi** Diane	**Zumba Gold** Kimo **3:15-4:15**				
4:00pm 4:20pm		**Ab Fab** Morgan		**Ab Fab** Morgan			**Gentle Yoga** Kate **4:00 - 5:00**
4:25pm 5:25pm		**BodyBuff** Victoria		**BodyBuff** Victoria			
5:30PM 6:30PM		**Heavy Metal** Morgan		**Heavy Metal** Morgan	**Zumba Gold** Kimo		
6:35PM 7:35PM	**Triple Threat** Morgan	**Yoga** Luciana	**Triple Threat** Chris	**Yoga** Luciana	**Zumba** Kimo		
7:45PM 8:45PM	**Yoga** Alesha H. **8:00-9:00**	**Zumba** Sarah		**Belly Dance** Ahndine	**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.

BEGINNER

SILVER STREAKS: 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.

20-20-20: 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.

BEGINNER / INTERMEDIATE

LOW IMPACT: A great workout for all, Low Impact aerobics will boost your energy level, burn calories, reduce stress, & get you in shape. No experience (or spandex) necessary!

HIP HOP: 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.

THE TIME OF YOUR LIFE (BOOMER FITNESS): A brilliant mix of floor cardio, cardio-strength, muscular endurance, core training, yoga, Pilates, and balance work. Designed specifically for Baby Boomers!

ZUMBA GOLD: 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 modi-

MIND/BODY

TAI CHI: Tai Chi is a slow, gentle exercise and is a practice in body awareness and intentional movement. Classes include warm-up exercises to strengthen core and legs, and to improve flexibility and balance. Three different levels of tai chi are offered: Gentle Tai Chi (especially focused on improving balance), Beginning Tai Chi, and Advanced Tai Chi.

DEEP STRETCH YOGA: A light, relaxing class to bring a renewed sense of balance and calm. This class focuses on gentle movement, flexibility, and relaxation.

GENTLE YOGA: Wrap up your busy week with this light, relaxing yoga experience! This class focuses on deep breathing techniques and soft muscle conditioning.

PILATES METHOD: 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. Pilates Method 2 is the next step up with intermediate level exercises.

YOGA: 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!

POWER YOGA: Start your day in a powerful way with this challenging yet regenerative Astanga-Style yoga class.

BELLY DANCE: Get a great core workout, strengthen and tone your entire body while learning this graceful form of ethnic dance!

S.L.E.E.K. BARRE: S.L.E.E.K. (Supple,Lean,Elongated,Energized,Kinetic) Barre 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!

POWER BARRE: 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!

INTERMEDIATE

AB FAB: Includes twenty minutes of intense abdominal strengthening exercises giving you a stronger, leaner core.

ZUMBA: A high energy combination of Latin/Reggae and Salsa dance steps, sure to rock your socks off! No previous dance experience necessary!

CARDIO CAMP: Straightforward intense floor aerobics followed by abdominal and flexibility work. A great way to start your weekend!!

INTERMEDIATE/ADVANCED

BURN 'N' FIRM: Get your sweat on in this fat burning, muscle firming workout! Cardio and weights strengthen the body inside and out.

DANCE, DANCE, DANCE!: 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!

CIRCUIT CITY: 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!

TRIPLE THREAT: A jam packed class that challenges you in several ways. You will use a variety of equipment to build strength and cardiovascular stamina through both traditional and functional training methods. The workout will never be the same, so this class will keep you on your toes, keeping the mind and body equally engaged. A great way to finish off your day!

ADVANCED

BODYBUFF: Tough, straightforward muscle work for lean muscle definition and better body confidence. Uses a variety of strength training devices and philosophies.

MORNING BLAST: 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!

BOOT CAMP: 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.

HEAVY METAL: This fun new format uses Kettlebells, a secret weapon of Olympic athletes to shape up from head to toe quickly!

BODY BLITZ: 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!!

SUPER FIT: This advanced 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.

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