

Drop-In Group X Class Schedule

Summer 2014 East Portland Community Center

Mon Tue Wed Thu Fri Sat Sun

Morning Classes

Bootcamp 6:30-7:30 Sheryl	Pilates 7-8 Terri Morse	Bootcamp 6:30-7:30 Sheryl	Pilates 7-8 Terri Morse	Bootcamp 6:30-7:30 Sheryl			
Basic Yoga 7:40-8:50 Anna Belle	Exercise for Every 'Body' 8:15-9:15 Terri Morse	Vinyasa Yoga 7:45-8:45 Sheryl	Exercise for Every 'Body' 8:15-9:15 Terri Morse	Vinyasa Yoga 7:45-9 Diane		Hatha Yoga 8:15-9:30 Piper	Hatha Yoga 8:15-9:30 Diane
1,2,3 Step 9-10 Terri Morse	Nia 9:30-10:30 Margaret	ZUMBA Gold 9:15-10:15 Lydia	Nia 9:30-10:30 Margaret	1,2,3 Step 9-10 Terri Morse		Nia 9:45-10:45 Piper	
ZUMBA Gold 10:30-11:30 Lydia	ZUMBA 10:45-11:45 Lydia	Step Up Your Metabolism 10:30-11:30 Larry	ZUMBA 10:45-11:45 Lydia	ZUMBA Gold 10:30-11:30 Lydia		ZUMBA 11-12 Lydia	ZUMBA 11-12 Autumn

Afternoon/Evening Classes

Hatha Yoga 12-12:50 Sheryl	Bootcamp 12-12:50 Sheryl	Hatha Yoga 12-12:50 Diane	Bootcamp 12-12:50 Sheryl		*New Instructor	
T-N-T 4:30-5:20 Jeanne	ZUMBA 4:30-5:25 Tobias	T-N-T 4:30-5:20 Jeanne	ZUMBA 4:30-5:25 Tobias			
ZUMBA 5:30-6:25 Sean	Rev Up Your Metabolism 5:30-6:20 Terri Manza	ZUMBA 5:30-6:25 Sean	Strength & Sculpt 5:30-6:20 Terri Manza			ZUMBA Gold 5:30-6:30 Lydia
NEW! Restorative Yoga 6:30-7:25 Piper	ZUMBA 6:30-7:25 Tom	Pilates 6:30-7:25 *Jennie	Nia 6:30-7:25 *Jennie			ZUMBA 6:45-7:45 Lydia
Hatha Yoga 7:30-8:45 Chad	Hatha Yoga 7:30-8:30 Jenna	ZUMBA 7:30-8:30 Tom	Hatha Yoga 7:30-8:45 Chad			

Building Hours

M - F: 6:00 am - 9:30 pm

Sat: 7:00 am - 6:00 pm

Sun: 8:00 am - 6:00 pm

1,2,3 Step: Enjoy a class that can be both easy for beginners & challenging for the tried & true exerciser. Step aerobics will boost your energy level, burn calories, reduce stress & get you in shape.

Basic Yoga: Perfect for beginners & those just starting a fitness routine. Relieve stress while building strength and stamina in your entire body.

Bootcamp: Develop your strength, muscular definition & stamina through intense drills, calisthenics, cardio & strength all in one class!

Exercise for Every 'Body': A workout for all shapes & sizes, from beginners to our regulars who are looking for a challenge. Provides conditioning in areas of strength using various weights, bars & bands improving cardiovascular endurance & flexibility.

Hatha Yoga: Focuses on linking gentle postures (asanas) while concentrating on stilling the mind. Bring strength & stamina to your entire body while relieving stress. Great for beginners & continuing students.

Nia: Integrates dance, martial arts & healing art forms into a unique program that leaves you feeling exhilarated & powerful. Increase cardiovascular health, strength, balance, agility & creative expression. All ages, sizes & fitness levels welcome.

Pilates: Non-impact exercises work the deep, core abdominal muscles to help achieve efficient & graceful movement. Devote time to concentrated strength. Improve balance, posture, flexibility & body alignment.

Restorative Yoga: A gentle form of yoga that uses props blankets, blocks and bolsters; designed to go easy on you encouraging a deep state of relaxation and promote a greater sense of well-being.

Rev Up Your Metabolism: Improve your fitness level with a challenging blend of high to low impact movement: kick boxing, weight & interval training.

Step Up Your Metabolism: A mixed intensity workout that guarantees the best in cardio benefits. Effective patterns & drills are performed primarily with the step, but includes cardio workout on the floor. Emphasis is on functional fitness. Great for building cardiovascular strength, maintaining bone density & relieving stress!

Strength & Sculpt: Mix it up! Use multiple types of equipment from stability balls, tubing, body bars, hand-held weights, medicine balls & gliders. Offers functional mobility with increased strength, cardiovascular health & flexibility.

T-N-T (Tighten & Tone): A fusion of movement that incorporates cardio, weights & Pilates. This core training will strengthen your body, develop balance, flexibility & body awareness; & will Tighten-N-Tone every muscle area enhancing your fitness ability. All levels welcome.

Vinyasa Yoga: A moving meditation of asana (postures) & prana (breath). Moving with the prana helps us reconnect with ourselves - body, mind & spirit - so we may deepen the awareness of our strengths & boundaries.

ZUMBA: A high energy combination of Latin, Reggae & Salsa dance steps. Routines combine fast & slow rhythms to achieve a balance of cardio & muscle-toning benefits. Join our certified Zumba instructors; no previous dance experience necessary!

ZUMBA Gold: For the largest growing segment of the population: baby boomers! It takes the Zumba formula & modifies the moves & pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit & healthy lifestyle.