

# Drop-In Group X Class Schedule

Winter 2017 East Portland Community Center  
January 2nd - April 2nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30							
6:00							
6:30	<b>NEW!</b> Bootcamp 6:30-7:30 Sheryl H.	<b>NEW!</b> Strong by Zumba - TM 7-8 (S. Gym) Amaru X	<b>NEW!</b> Pilates 7-8 Terri Morse	<b>NEW!</b> Circuit City 7-8 Sara B. (S.Gym)	Bootcamp 6:30-7:30 Sheryl H.		
7:00							
7:30							
8:00	Vinyasa Yoga 7:45-9 Carey C.						
8:30		Exercise for Every 'Body' 8:15-9:15 Terri Morse	<b>NEW!</b>	Exercise for Every 'Body' 8:15-9:15 Terri Morse			
9:00			*Tai Chi 9-10 Harry A.		*Low Impact 9-10 Marty A. (Multi Rm 3)		
9:30	1,2,3 Step 9:15-10:15 Terrie Morse	Nia 9:30-10:30 Magz B.		Nia 9:30-10:30 Magz B.		1,2,3 Step 9:15-10:15 Terrie Morse	
10:00			Zumba Gold 9:15-10:15 Lydia H.		*Arthritis FX 10-11 Marty A. (Multi Rm 3)		Family Hatha Yoga 9:45-10:30 Alli G.
10:30	Zumba Gold 10:30-11:30 Lydia H.		Boomer Bootcamp 10:30-11:30 Larry S.	Zumba 10:45-11:45 Lydia H.		Zumba Gold 10:30-11:30 Lydia H.	
11:00		Zumba 10:45-11:45 Lydia H.					
11:30							
12:00	<b>NEW!</b> Yoga Basics 12-1 Sheryl H.	Bootcamp 12-1 Sheryl H.	Hatha Yoga 12-1 Carey C.	Bootcamp 12-1 Sheryl H.		*Yoga in Chairs 11:40-12:30 Terri D.	
12:30							Family Zumba 12:30-1:15 Erin E.
1:00							
1:30			<b>NEW!</b> *Yoga in Chairs 1:15-2:15 Carey C.				Family Nia 1:30-2:15 Erin E. <b>NEW!</b>
2:00							
2:30							
3:00							
3:30		<b>NEW!</b> Strong by Zumba - TM 3:15-4:15 Amaru X.					
4:00							
4:30	Pilates 4:30-5:20 Jeanne C.	Zumba 4:30-5:20 Amaru X.	Cardio Kickboxing 4:30-5:20 Sara B.	Strong by Zumba - TM 4:30-5:20 Amaru X.	Cardio Kickboxing 4:30-5:20 Sara B.	Zumba 4:30-5:30 Sean R.	
5:00							
5:30	Zumba 5:30-6:20 Sean R.	Rev Up Your Metabolism 5:30-6:20 Terri Manza	Zumba 5:30-6:20 Sean R.	Strength & Sculpt 5:30-6:20 Terri Manza	Zumba Gold 5:30-6:20 Lydia H.		
6:00							
6:30	Hatha Yoga 6:30-7:30 Piper P.	<b>NEW!</b> U-Jam 6:30-7:20 Lei S.	Pilates 6:30-7:20 Debora T.	<b>NEW!</b> Nia 6:30-7:20 Erin E.	Zumba 6:30-7:30 Lydia H.		
7:00							
7:30		Hatha Yoga 7:30-8:30 Jenna R.	Zumba 7:30-8:30 Tom W.	Hatha Yoga 7:30-8:45 Alli G.			
8:00	Restore Yoga 7:40-9 Piper P.						
8:30							
9:00							

**Building Hours:**  
M-F: 6:00am-9:30pm  
Sat: 7:00am-6:00pm  
Sun: 8:00am-6:00pm

\* Indicates lower impact classes designed for seniors and/or individuals seeking a low intensity workout.

**Group X Classes:** for adults and youth ages 14yrs & up.

**Family Fitness Series:** for adults and children ages 6 and up. Youth must be accompanied by an adult. Younger ages welcome with approval from instructor.



# EPCC Drop - In Group X Class Descriptions

**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.

**\*Arthritis FX (Foundation Exercise) (age 60+):** Learn the role movement plays in managing arthritis. Easy paced class covers range of motion, relaxation methods & special techniques. Take measures now to relieve symptoms & maintain flexibility. Instructor certified through the Arthritis Foundation.

**Boomer Bootcamp:** A brilliant mix of floor cardio, limited on or off step cardio, strength, muscular endurance, core training & balance work, designed specifically for the older adult, but open to all! Get your motor running to head out on the highway of life, with this fun, easy to follow sweatfest!

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

**Cardio Kickboxing:** A cardiovascular exercise that involves kicks, punches and core. Full-body toning is also incorporated in every class. This class can be modified to any fitness level. A fun way to keep you moving!

**Circuit City:** Box, pump, and jam your way through different workout stations in this awesome circuit training class. Circuit training has been shown to burn more calories & firm-up muscles fast!

**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.

**Family Fitness Series:** These classes will feature four different fitness classes: Zumba, Nia, U-Jam & Hatha Yoga. All with different instructors & all with very unique, age appropriate & welcoming styles. Please view the individual class descriptions for more information on each style of fitness.

**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.

**\*Low Impact Cardio:** Chair & standing exercises designed to improve physical & mental health. Workout with hand weights & dynabands. Improve coordination, cardiovascular endurance, strength, flexibility & balance!

**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 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.

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

**Strong by Zumba - TM:** Combines high intensity interval training (HIIT) with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

**\*Tai Chi for Seniors:** Incorporate slow, gentle movements that increase flexibility, balancing, & lung capacity. Promote stress relief, body awareness, suppleness in your spine & increased stamina.

**U-Jam Fitness:** A hip hop fitness workout, that combines dance & high energy music for a workout that will get your heart beat up, body moving, and make you sweat. No previous dance experience necessary!

**Vinyasa Yoga:** A dynamic style of yoga, great for experienced beginners ready to advance as well as seasoned practitioners. With an energetic dance-like flow, this athletic alignment-oriented class develops strength, flexibility, balance, with opportunities for modifications and inversions while cultivating awareness and mindfulness.

**Yoga Basics:** Perfect for beginners and intermediate participants. Combines Vinyasa (a moving flow of postures w/breath) and Hatha (gentle postures w/breath that strengthen & stretch the entire body). Great easy to follow practice!

**\*Yoga In Chairs:** Gently works muscles & joints to enhance strength, range of motion, balance & circulation. Reaches beyond typical exercises as it encourages quiet reflection, proper breathing & better posture.

**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.

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