


















































































# WEEKLY FITNESS SCHEDULE

## SOUTHWEST COMMUNITY CENTER

Summer 2017

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am 7:00am	Step and Sculpt Gail 	Power Yoga Amy 	Step and Sculpt Gail 	Power Yoga Amy 	Step, Sculpt, and Chill Gail 		
6:00 am 8:00 am (In Gym)	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 Rena 	20-20-20 Ally 	Pilates Method Level 2 Rena 	20-20-20 Ally 	Power Yoga Alexia 7:15-8:15 	
8:20am 9:25am	Dance, Dance Dance! Linda 	S.P.F. (Boomer Fitness) Linda 8:20-9:40 	Dance, Dance Dance! Paula 	S.P.F. (Boomer Fitness) Linda 8:20-9:40 	Dance, Dance Dance! Paula 	Zumba Kimo 8:30 - 9:30 	
9:35am 10:35am	Boot Camp PLUS Victoria 	Yoga Jim G. 	Boot Camp PLUS Victoria 	Yoga Anna 	Boot Camp PLUS Victoria 	Cardio Camp Michael 	Body Blitz Paula 
11:00am 11:55am	Instructor Training	The Time of Your Life  (Boomer Fitness) Anna	Super Fit Gail 	The Time of Your Life  (Boomer Fitness) Anna	Super Fit John 	Super Fit Gail 	Dance, Dance, Dance! Paula 
12:05pm 1:00pm	Heavy Metal Gail 	Zumba Kimo 	Heavy Metal Gail 	Zumba Michelle 	Barre 2 Jenny 	Burn 'n' Firm Laurie 	Boot Camp John 
1:05pm 2:00pm	Pilates Method Anna 	Beginning Tai Chi Diane 	Pilates Method Anna 	Advanced Tai Chi Diane 	Pilates Method Danita 	Deep Stretch Yoga Gail 	Zumba Jasmine 
2:05pm 3:05pm	Yoga Anna 	Silver Streaks Phyllis 	Yoga Anna 	Silver Streaks Phyllis 	<div style="border: 1px dashed black; padding: 5px;">                     Pre Ballet &amp; First Steps in Group Ex Studio                       See Youth Programming in Guide. For Details Call 503-823-2850                 </div>	HIITBox Rena 	Zumba Gold Robin 
3:10pm 3:55pm	Zumba Gold Kimo 	Gentle Tai Chi Kathleen 	Zumba Gold Kimo 	Bootybarre Jenny 			
4:00pm 4:20pm		Ab Fab Morgan 		Ab Fab Morgan 			Gentle Yoga Kate 
4:25pm 5:25pm	Cardio Core Morgan 	BodyBuff Morgan 	Cardio Core Morgan 	BodyBuff Morgan 			
5:30PM 6:30PM	Bootybarre Rena 	Heavy Metal Hilary 	Bootybarre Rena 	Heavy Metal Hilary 	Zumba Gold Kimo 		
6:35PM 7:35PM	Triple Threat Morgan 	Yoga Luciana 	Triple Threat Chris 	Yoga Luciana 	Zumba Kimo 		
7:45PM 8:45PM	Yoga Nurit 	Zumba Sarah 	Yoga Nurit 	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.

<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 func-</p>	<b>INTERMEDIATE</b> <p><b>AB FAB:</b> Twenty minutes of intense abdominal strengthening exercises giving you a stronger, leaner core.</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>S.P.F. (Strength, Power cardio, and Flexibility, BOOMER FITNESS):</b> Simple athletic cardio, this aint no dance class! Plus straightforward weight training to gain strength for functional movement, strong core-work, and a longer flexibility segment to improve joint health and mobility.</p>
<b>BEGINNER</b>	<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>	<b>INTERMEDIATE</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>
<b>INTERMEDIATE</b>	<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> <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>INTERMEDIATE</b> <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>
<b>MIND/BODY</b>	<p><b>TAI CHI:</b> 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.</p> <p><b>DEEP STRETCH YOGA:</b> A light, relaxing class to bring a renewed sense of balance and calm. This class focuses on gentle movement, flexibility, and relaxation.</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. Pilates Method 2 is the next step up with 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 yoga class.</p> <p><b>BELLY DANCE:</b> Get a great core workout, strengthen and tone your entire body while learning this graceful form of ethnic dance!</p> <p><b>BARRE 2:</b> Develop the long lean musculature of a dancer with traditional Barre class moves. Then hype up your strength and add definition with weighted bar exercises and comprehensive core work developed specifically to enhance that ballerina body!</p> <p><b>BOOTYBARRE:</b> a fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. bootybarre is the perfect combination of strength and flexibility with an added cardiovascular element utilizing the barre.</p>	<b>ADVANCED</b> <p><b>CIRCUIT CITY:</b> Box, pump, and Jam your way through different strength and cardio 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>TRIPLE THREAT:</b> 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. A great way to finish off your day!</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!</p> <p><b>STEP AND SCULPT:</b> A fun high energy class that combines step aerobics with strenght training.</p> <p><b>STEP, SCULPT, AND CHILL:</b> A fun, energetic class that combines step aerobics and strength training followed by 20 minutes of yoga.</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>BOOT CAMP PLUS:</b> The same great class you've been loving, we just made it better by extending the time 15 minutes to include an optional enhanced flexibility section, designed to increase motion, mobility, and function of the joints to augment athletic power!</p> <p><b>HEAVY METAL:</b> Use Kettlebells, a secret weapon of Olympic athletes to shape up from head to toe quickly!</p> <p><b>BODY BLITZ:</b> This class features alternating cardio bursts and super strength training intervals with a cool Pilates flavor, all focusing on the Step!</p> <p><b>HIITBOX:</b> This workout integrates combinations of High Intesity Interval training and kickboxing. You will have fun, reduce stress, and sweat a ton!</p> <p><b>CARDIOCORE:</b> 40 minutes of hardcore cardio, 15 minutes of abs, and stretching...1 hour and DONE!</p> <p><b>SUPER FIT:</b> Utilize the best of Tabata and HIIT training for a fast paced, full body workout!</p>

ALL GROUP EXERCISE CLASSES ARE FREE WITH DAILY, 10 VISIT, 20 VISIT, OR ACTIVE PASS.  
YOUTH 13 YEARS AND OLDER WELCOME.

