

WEEKLY FITNESS SCHEDULE

SOUTHWEST COMMUNITY CENTER

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN	
5:30 AM 8:00 AM (In Gym)	Circuit City John--in gym *drop in	Circuit City John--in gym *drop in	Circuit City John--in gym *drop in	Circuit City John--in gym *drop in	Circuit City John--in gym *drop in			
6:00 AM 7:00 AM		Power Yoga Amy	Fundamental Yoga Gail	Power Yoga Amy				
7:10 AM 8:10 AM	20-20-20 Ally	Pilates Method Level 2 Rena	20-20-20 Ally	Pilates Method Level 2 Alexia	20-20-20 Ally	Power Yoga Alexia 7:15-8:15		
8:20 AM 9:25 AM			Dance, Dance Dance! Paula		Dance, Dance Dance! Paula	Zumba Kimo 8:30-9:30		
9:35 AM 10:35 AM	Boot Camp PLUS Victoria 9:35-10:50	Yoga Jim G. 9:50-10:50	Boot Camp PLUS Victoria 9:35-10:50	Yoga Anna 9:50-10:50	Boot Camp PLUS Angela 9:35-10:50	Rock'n Roll Cardio Michael	Body Blitz Paula 9:10 - 10:00	
11:00 AM 11:55 AM	Knockout Nation Linda	The Time of Your Life (Boomer Fitness) Anna		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	
12:05 PM 1:00 PM	Heavy Metal Gail 12:00-1:00	Zumba Kimo	Heavy Metal Gail 12:00-1:00	Zumba Michelle	Heavy Metal Angela 12:00 - 1:00	Dance & Fit Kimo	Boot Camp Jessica 11:30 - 12:30	
1:05 PM 2:00 PM	Pilates Method Anna 1:10-2:05	Beginning Tai Chi Diane	Pilates Method Anna 1:10-2:05	Advanced Tai Chi Diane	Pilates Method Ali	Deep Stretch Yoga Gail 1:10-2:10	Zumba Jasmine 12:45 - 1:45	
2:05 PM 3:05 PM	Yoga Anna 2:10-3:10	Silver Streaks Linda	Yoga Anna 2:10-3:10	Silver Streaks Linda Pre Ballet & First Steps in Group Ex Studio See Youth Programming in Guide. For Details Call 503-823-2850		Zumba Gold Debby 2:15 - 3:15	
3:10 PM 3:55 PM	Zumba Gold Kimo 3:15-4:15	Gentle Tai Chi Kathleen	Zumba Gold Kimo 3:15-4:15	Gentle Tai Chi Kathleen				
4:00 PM 4:20 PM		Ab Fab Hilary		Ab Fab Hilary			Chair Yoga Gail 4:00 - 5:00	Gentle Yoga Kate 4:00 - 5:00
4:25 PM 5:25 PM	Cardio Core Angela	BodyBuff Hilary	Cardio Core Angela	BodyBuff Hilary				
5:30 PM 6:30 PM	Booty Bar Chris	Heavy Metal Hilary	Pop Piyo Rena Starting 7/24	Heavy Metal Hilary	Zumba Gold Kimo			
6:35 PM 7:35 PM	Zumba Sarah	Yoga Luciana	Zumba Jasmine	Yoga Luciana	Zumba Kimo			
7:45 PM 8:45 PM	Yoga Kate 8:00-9:00	Zumba Sarah	Yoga Kate 8:00-9:00	Belly Dance Ahndine	Hip Hop Kimo			

Beginner:

Beginner/Intermediate:

Intermediate:

Intermediate/Advanced:

Advanced:

Mind & Body|All Levels:

Mind & Body|Gentle:

Mind & Body|Moderate:

Mind & Body|Intense:

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	<p>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.</p> <p>20-20-20: This is a contemporary, cutting-edge variable class format consisting of 30 min of non-impact aerobics, 20 min of strength training, and 10 min of functional and static stretching.</p>	INTERMEDIATE
BEGINNER/INTERMEDIATE	<p>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.</p> <p>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!</p> <p>ZUMBA GOLD: Specifically designed to take the exciting Latin and International dance rhythms created in the original Zumba and bring them to active older adults, beginners, and other special populations that may need modifications for success.</p>	<p>AB FAB: Twenty minutes of intense abdominal strengthening exercises giving you a stronger, leaner core.</p> <p>ROCK'N ROLL CARDIO: A great way to start your weekend! Enjoy Rock'n Roll paired with Hi-Low aerobics followed by ab, weight, strength, balance, and flexibility work!</p> <p>S.P.F. (Strength, Power cardio, and Flexibility, BOOMER FITNESS): This class is comparable to a 3+ mile walk or jog "Your Choice". This ain't no dance class! You get straightforward weight training to gain strength for functional movement, strong core-work, and a longer flexibility segment to improve joint health and mobility.</p>
MIND & BODY ALL LEVELS	<p>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.</p> <p>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!</p>	ADVANCED/INTERMEDIATE
MIND & BODY GENTLE	<p>CHAIR YOGA: A gentle yoga class focused on learning techniques to achieve physical and mental fitness while using a chair. Improve your health, tone your muscles and internal organs, and strengthen your bones.</p> <p>FUNDAMENTAL YOGA: A slower paced Yoga class focusing on the importance of alignment and position.</p> <p>GENTLE YOGA: Wrap up your busy week with this light, relaxing yoga experience! This class focuses on deep breathing techniques and soft muscle conditioning.</p> <p>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.</p>	<p>BOOTY BAR: A fun, energetic, workout using techniques that will tone, define, and chisel the whole body and core! Booty Bar is the perfect combination of strength and flexibility!</p> <p>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!</p> <p>CIRCUIT CITY: 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>ZUMBA: A high energy combination of Latin/Reggae and Salsa dance steps, sure to rock your socks off! No previous dance experience necessary!</p> <p>KNOCKOUT NATION: Punch, kick, and jab your way to fit! This dynamic cardio/strength class uses one pound weighted gloves, and simple strong, choreographed moves, to build muscle, increase stamina, and release stress!</p>
MIND & BODY MODERATE	<p>PILATES METHOD 2: Pilates Method 2 is the next step up with intermediate level exercises.</p> <p>BELLY DANCE: Get a great workout, strengthen and tone your entire body while learning this graceful form of ethnic dance!</p> <p>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.</p> <p>POP PIYO: A combination of yoga and Pilates set to fun pop music!</p>	ADVANCED
MIND & BODY INTENSE	<p>POWER YOGA: Start your day in a powerful way with this challenging yet regenerative yoga class.</p>	<p>DANCE & FIT: Easy, low impact, dance routines combined with the versatility of strength training. Enjoy choreographed dancing to oldies hit songs while using a variety of tools like resistance bands, light weights, and balls to tone your body. This is not a high intensity strength training class, and is easy for participants of all ages to dance and be fit!</p> <p>BODYBUFF: Tough, straightforward muscle work for lean muscle definition and better body confidence. Uses a variety of strength training devices and philosophies.</p> <p>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.</p> <p>BOOT CAMP PLUS: 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>BODY BLITZ: This class features alternating cardio bursts and super strength training intervals with a cool Pilates flavor, all focusing on the Step!</p> <p>CARDIOCORE: 40 minutes of hardcore cardio, 15 minutes of abs, and stretching...1 hour and DONE!</p> <p>HEAVY METAL: Use Kettlebells, a secret weapon of Olympic athletes to shape up from head to toe quickly!</p> <p>HIIT BOX: High intensity interval training using fundamental kick boxing sequences. Strengthen and tone your entire body. Have fun, reduce stress, and sweat a ton!</p> <p>SUPER FIT: 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 14 YEARS AND OLDER WELCOME.

