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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 Rena 	20-20-20 Ally 	Power Yoga Alexia 7:15-8:15 		
8:20 AM 9:25 AM	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 		
9:35 AM 10:35 AM	Boot Camp PLUS Victoria 	Yoga Jim G. 	Boot Camp PLUS Victoria 	Yoga Anna 	Boot Camp PLUS Angela 	Rock'n Roll Cardio Michael 	Body Blitz Paula 	
11:00 AM 11:55 AM	Knockout Nation Linda 	The Time of Your Life  (Boomer Fitness) Anna	Knockout Nation Linda 	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 	Zumba Kimo 	Heavy Metal Gail 	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 	Beginning Tai Chi  Diane	Pilates Method Anna 	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 	Silver Streaks Phyllis 	Yoga Anna 	Silver Streaks Phyllis  Pre Ballet & First Steps in Group Ex Studio See Youth Programming in Guide. For Details Call 503-823-2850	Pop PiYo Rena  2:20 - 3:15	Zumba Gold Robin  2:15 - 3:15	
3:10 PM 3:55 PM	Zumba Gold Kimo 	Gentle Tai Chi Kathleen 	Zumba Gold Kimo 	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 		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 Ahdndine 	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	<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>
	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>
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	<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 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>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>
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	<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>
MIND & BODY INTENSE	<p>POWER YOGA: Start your day in a powerful way with this challenging yet regenerative yoga class.</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.

