



# GROUP FITNESS SCHEDULE

## MT. SCOTT COMMUNITY CENTER

5530 SE 72nd Ave. Portland, OR 97206 Ph. 503-823-3183

# June 22- July 31 2019

Access to group fitness classes included with daily admission. For ages 14+, Classes marked by asterisk \* designed for ages 60+.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:00am-8:30am</b> Fitness Drop-In No Staff - gym	<b>6:00am-7:45am</b> Fitness Drop-In No Staff - gym	<b>6:00am-8:30am</b> Fitness Drop-In No Staff - gym	<b>6:00am-7:45am</b> Fitness Drop-In No Staff - gym	<b>6:00am-8:30am</b> Fitness Drop-In No Staff - gym	<b>8:00am-8:55am</b> Yin Yoga Anne - Craft
<b>8:00am-8:55am</b> Yoga for Strength* Diane - Aud	<b>8:00am-9:00am</b> Zumba Gold* Laura - Gym	<b>8:00am-8:55am</b> Yoga for Strength* Diane - Aud	<b>8:00am-9:00am</b> Zumba Gold* Laura - Gym	<b>8:00am-8:55am</b> Yoga for Strength* Diane - Aud	
<b>9:00am-9:50am</b> Deep Stretch Yoga* Sherri - Aud	<b>9:30am-10:30am</b> Pilates Debora - Craft	<b>9:00-9:50am</b> Deep Stretch Yoga* Sherri - Aud	<b>9:30am-10:30am</b> Pilates-mat Debora - Craft	<b>9:00am-9:50am-</b> Deep Stretch Yoga* Sherri - Aud	<b>9:00am-9:50am</b> Hatha Yoga Anne - Craft
					<b>9:00am-10:00am</b> Zumba Juliette - Aud
<b>10:00am-10:55am</b> Yoga in Chairs* Sherri - Aud	<b>10:00am-11:00am</b> Fresh Start Yoga Sandra Gail - Aud	<b>10:00am-10:55am</b> Yoga in Chairs* Sherri - Aud	<b>10:00am-11:00am</b> Deep Stretch Yoga Sandra Gail - Aud	<b>10:00am-10:55am</b> Yoga in Chairs* Sherri - Aud	<b>10:00am-11:00am</b> Pilates-mat Dana - Craft
	<b>11:15am-12:45pm</b> Yoga for Vitality* Sherri - Craft	<b>11:05am-12:30pm</b> Melt Method Sharie - Aud	<b>11:15am-12:45pm</b> Yoga for Vitality* Sherri - Aud		
	<b>6:15pm-7:15pm</b> Yoga 1 Anne - Craft	<b>6:00pm-7:00pm</b> Pilates-mat Dana - Craft	<b>6:15pm-7:15pm</b> Yoga 1 Anne - Craft		
	<b>6:00pm-7:30pm</b> Prenatal Yoga Eden - Poolside				
<b>7:15-8:30pm</b> Chen Style Tai Chi Mary - Gym	<b>7:20pm-8:20pm</b> Yoga 2 Anne - Craft		<b>7:20pm-8:20pm</b> Yoga 2 Anne - Craft		
	<b>7:30pm-8:30pm</b> Zumba Laura - Aud				



## CARDIO/STRENGTH

**Boot Camp:** A supportive environment to have fun, build confidence and camaraderie, and get fit. Utilizing body weight, and a variety of equipment and formats, emphasis is placed on improving cardiovascular fitness, muscular strength and endurance, balance and flexibility.

**Boot Camp-modified:** Perfect for those coming back from an injury, beginning an exercise program, or just looking for a safe and effective workout. A mix of full-body exercises and formats, focusing on mobility, balance, strength, and elevating your heart rate.

**Core Strength:** Offers a complement to Boot Camp classes and dedicates additional time to core (specifically abs, lower back, hips, and glutes) strength and endurance exercises to help improve stability, prevent injury, and enhance performance in fitness and everyday activities.

**HIIT Plus:** *High Intensity Interval Training + Core*

One half advanced, total body interval-based cardio and one half intense core focused training. Improve your endurance, burn more calories and fat, train a healthier heart, lose weight and not muscle, boost your metabolism, and build a stable core.

**Low Impact Aerobics:** A great class for working up a sweat to a variety of low impact exercises that help improve form, mobility, strength, balance, coordination, and cardio fitness levels. Group activities, partner exercises, circuits, and energizing music all rolled into one class.

## MIND/BODY

**Chen style Tai Chi:** Practitioners perform a series of postures designed to achieve balance and harmony in both body and mind, as well as to improve overall health. All movements consist of continuous turning of the waist and spine, wrist and shoulder, ankle and knee. It contains vigorous as well as gentle movements.

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

**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.

**Melt® Method:** Benefit from a proactive approach to maintaining a pain-free, active lifestyle. Whether you suffer from prolonged conditions, or just want to maintain a healthy you, develop simple techniques to bring your body back to a more ideal state.

**Pilates:** Gain energy, develop stamina, tone up and feel fit. Non-impact exercises work deep abdominal muscles while efficient and graceful movements strengthen and stretch your body. Dynamic and energizing!

**Pilates-mat:** Non-impact exercises work deep abdominal muscles while efficient and graceful movements strengthen and stretch your body.

**Prenatal Yoga:** Discover the gifts of this traditional exercise during pregnancy as you prepare for birth and motherhood. Take time to stretch, tone, and relax, caring for your body and mind as you connect with other expecting women.

**Yin Yoga:** A slow, deep practice. Postures are held for extended periods to target connective tissue and open the mind and body. Class will include some meditation and cultivation of the mind/body/breath practices true to yogic tradition. All levels are welcome. Some aspects of yin practice may not be suitable for those with certain injuries. Please bring your own rectangular yoga bolster and yoga blanket.

**Yoga 1:** For those new to yoga, or for adept practitioners who want to tune in to the fundamentals of poses, breath and alignment. Increase mobility, freedom, and stamina at a slower pace than Yoga 2. Can be paired with Yoga 2 for a longer, more in depth practice. May not be the best fit for those with mobility challenges or seeking a gentler practice.

**Yoga 2:** Blend breath, strength, and mindfulness in a vigorous asana practice. Yoga 2 aims to cultivate resilience, stamina, and vitality. This energetic class is most suitable for those with some vinyasa yoga experience, or a fitness background, though all are welcome and modifications will be offered.

## DESIGNED FOR AGES 60+

**Yoga in Chairs:** A fun, gentle class of stretching and movement to maintain flexibility and joint mobility. Influenced by traditional Yoga, this class addresses coordination, balance, and flexibility. Participants also learn basic breathing and meditation techniques to handle stress and promote relaxation.

**Yoga for Strength:** Revitalize both mind and body. Improve focus, release stress and tension, while increasing strength and flexibility. An excellent way to learn to gauge and meet the ever-changing demands of daily life.

**Deep Stretch Yoga:** This gentle class is an antidote to hurry and stress. Breath, Asanas and reflection create a relaxing mat experience. Slow Deep Stretch side effects may include flexibility, calm and rejuvenation.

**Yoga for Vitality:** Cultivate strength, balance, and flexibility while supporting cardiovascular, pulmonary, and mental health! Postures are done in chairs, standing, and lying on the floor. This class also features breathing exercises and guided meditations! A sturdy blanket is recommended for some postures.

**Senior Fit:** Chair and standing exercises designed to improve physical and mental health. Workout with hand weights and dynabands. Improve coordination, strength, flexibility and balance.

## DANCE FITNESS

**Zumba®:** A high energy combination of Latin/Reggae and Salsa dance steps. Routines combine fast and slow rhythms to achieve a balance of cardio and muscle-toning benefits. No previous dance experience necessary!

**Zumba® Gold:** A lighter version of Zumba for beginners and seniors! Modified moves and pacing to suit the needs of the active older participant, as well as those starting their journey to a fit and healthy lifestyle.

