



GROUP FITNESS SCHEDULE

MT. SCOTT COMMUNITY CENTER
5530 SE 72nd Ave. Portland, OR 97206 Ph. 503-823-3183

SUMMER 2017

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	Sunday
6:00a-6:50a Boot Camp Geoff	6:30a-7:00a Core Strength Geoff	6:00a-6:50a Boot Camp Geoff	6:30a-7:00a Core Strength Geoff	6:00a-6:50a Boot Camp Geoff		
7:00a-7:50a Boot Camp Geoff	7:05a-7:35a Core Strength Geoff	7:00a-7:50a Boot Camp Geoff	7:05a-7:35a Core Strength Geoff	7:00a-7:50a Boot Camp Geoff		
8:00a-8:50a Boot Camp- <i>mod.</i> Geoff	8:00a-9:00a Zumba Gold* Laura	8:00a-8:50a Boot Camp- <i>mod.</i> Geoff	8:00a-9:00a Zumba Gold* Laura	8:00a-8:50a Boot Camp- <i>mod.</i> Geoff		
8:00a-8:55a Yoga for Strength* Chad	8:40a-9:40a Low Impact PJ	8:00a-8:55a Yoga for Strength* Chad	8:40a-9:40a Low Impact PJ	8:00a-8:55a Yoga for Strength* Chad	8:00a-9:00a Hatha Yoga Paola	
9:00a-9:45a Focus on Flexibility Chad	9:00a-9:55a Pilates*- <i>level 2</i> Debora	9:00a-9:45a Focus on Flexibility Chad		9:00a-9:45a Focus on Flexibility Chad	9:00a-10:00a Zumba Juliette	
10:00a-10:55a Yoga in Chairs* Chad	10:00a-10:55a Pilates*- <i>level 1</i> Debora	10:00a-10:55a Yoga in Chairs* Chad	10:00a-11:00a Deep Stretch Yoga Sandra Gail	10:00a-10:55a Yoga in Chairs* Chad	10:00a-11:00a Pilates- <i>mat</i> Deb	
	10:00a-11:00a Fresh Start Yoga Sandra Gail	11:05a-12:00p Melt Method Sharie				1:00p-2:00p Yoga 2 Paola *STARTS 7/9
		5:15p-6:15p Youth Speed & Conditioning Josue				
6:30p-7:30p Zumba Paula	6:00p-7:00p Yoga 2 Diane	6:00p-7:00p Pilates- <i>mat</i> Dana	6:00p-7:00p Fresh Start Yoga Diane			
6:30p-8:00p Kundalini Yoga Neera	7:05p-8:05p Fresh Start Yoga Diane	7:00p-8:00p Circuit City Nic				
7:40p-8:55p Chen Style Tai Chi Mary	7:30p-8:30p Zumba Laura					



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, 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 wanting a gentle, safe and effective workout. A mix of full-body exercises, weights and stretching, focusing on balance, strength and getting the heart rate elevated.

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 help improve stability, prevent injury, and enhance performance in fitness and everyday activities.

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!

Low Impact: Fun aerobic fitness that is motivating for all ages and “every body.” Great low impact movements and music for a healthy heart, improved balance, and tones muscles. Perfect way to start and continue with sensible fitness goals!

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 just starting their journey to a fit and healthy lifestyle.

MIND/BODY

Focus on Flexibility: Improve your performance and decrease your risk of injuries by helping your joints move with full range of motion. Enable your muscles to work more effectively. Practice multiple techniques from active and dynamic flexibility, self-myofascial release (from rolling) and other corrective exercises.

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

Kundalini Yoga: Combine breathing with movement and meditation to add strength and flexibility to the body while reducing stress and improving health.

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

Yoga 2: A step up from our beginning Yoga class, Fresh Start. Bring strength and stamina to your entire body while relieving stress.

DESIGNED FOR AGES 60+

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!

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.

YOUTH AGES 11-17

Speed & Conditioning: Gain the competitive edge—run faster, jump higher, and move with greater agility! Emphasis on running techniques, quick foot drills, lateral movement and improved flexibility to increase your effectiveness on the track, field, or court!

