

# GROUP EXERCISE DROP-IN SCHEDULE

for ages 14 and up

East Portland Community Center

Winter 2020

## MONDAY

**12:00 PM**  
Cardio Shape  
*Sheryl H.*

**4:30 PM**  
Pilates  
*Jeanne C.*

**5:30 PM**  
Zumba™  
*Sean R.*

**6:30 PM**  
Slow Flow  
Restorative Yoga  
*Piper P.*

## TUESDAY

**7:00 AM**  
Pilates  
*Jeanne C.*

**9:30 AM**  
Nia  
*Magz B.*

**10:45 AM**  
Zumba™  
*Lydia H.*

**12:00 PM**  
Yoga Basics  
*Sheryl H.*

**4:30 PM**  
Cardio Shape  
*Melinda S.*

**5:30 PM**  
Zumba™  
*Tami M.*

**6:30 PM**  
Pound™  
*Tami M.*

## WEDNESDAY

**7:30 AM**  
Vinyasa Yoga  
*Carey C.*

**10:30 AM**  
Step 'n' Sculpt  
*Larry S.*

**12:00 PM**  
Cardio Shape  
*Sara B.*

**4:30 PM**  
Cardio Kickboxing  
*Sara B.*

**5:30 PM**  
Zumba™  
*Melanie K.*

**6:30 PM**  
Pilates  
*Carey C.*

**7:30 PM**  
Yin Yang Yoga  
*Carey C.*

## THURSDAY

**7:00 AM**  
Pilates  
*Jeanne C.*

**9:30 AM**  
Nia  
*Magz B.*

**10:45 AM**  
Zumba™  
*Lydia H.*

**12:00 PM**  
Hatha Yoga  
*Jenna R.*

**5:30 PM**  
Cardio Shape  
*Melinda S.*

**6:30 PM**  
Pound™  
*Tami M.*

## FRIDAY

**7:30 AM**  
Vinyasa Yoga  
*Carey C.*

**9:00 AM**  
Step 'n' Sculpt  
*Larry S.*

**12:00 PM**  
Cardio Shape  
*Melinda S.*

**4:30 PM**  
Burn 'n' Firm  
*Melinda S.*

**6:30 PM**  
Zumba™  
*Lydia H.*

## SATURDAY

**8:30 AM**  
Hatha Yoga  
*Piper P.*

**9:55 AM**  
Nia  
*Piper P.*

**11:00 AM**  
Zumba™  
*Lydia H.*

**12:15 PM**  
Zumba™ for families  
*Lydia H.*

**4:30 PM**  
Zumba™  
*Sachi N.*

## SUNDAY

**8:15 AM**  
Yoga  
*Jade M.*

**11:00 AM**  
Zumba™  
*Autumn H.*



PORTLAND PARKS & RECREATION

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## **CARDIO/DANCE**

**Cardio Kickboxing:** A cardiovascular exercise that involves kicks, punches and core. Full-body toning is also incorporated in every class. This class can be modified to any fitness level. A fun way to keep you moving!

**Nia:** Integrates dance, martial arts and healing art forms into a unique program that leaves you feeling exhilarated and powerful. Increase cardiovascular health, strength, balance, agility & creative expression. All sizes and fitness levels welcome.

**Pound™:** Combine cardio, strength training, and Pilates with drumming to achieve a full-body workout. Using lightly weighted drumsticks, Ripsticks™, participants can be expected to burn calories in this cardio jam session!

**Step 'n' Sculpt:** A brilliant mix of step and floor cardio, cardio-strength, muscular endurance, core training, Pilates, and balance work.

**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. Join our certified Zumba instructors; no previous dance experience necessary!



## **STRENGTH/CONDITIONING**

**Cardio Shape:** Develop your strength, muscular definition and stamina through conditioning drills, calisthenics, cardio & strength all in one class!

**Burn 'n' Firm:** Get your sweat on in this intense fat-burning, muscle-firming workout! Combine cardio and weight training to become fit inside and out.



## **MIND/BODY**

**Hatha Yoga:** Focuses on linking gentle postures (asanas) while concentrating on stilling the mind. Bring strength and stamina to your entire body while relieving stress. Great for beginners & continuing students.

**Vinyasa Yoga:** A dynamic style of yoga, great for experienced beginners ready to advance as well as seasoned practitioners. With an energetic dance-like flow, this athletic alignment-oriented class develops strength, flexibility, balance, with opportunities for modifications and inversions while cultivating awareness and mindfulness.

**Ying Yang Yoga:** Get the body and energy moving with a flowing, dynamic, and strengthening Vinyasa (Yang). Ease into the second part of class with a restoring Yin practice of mindfully long held floor-based stretches (3-5 minutes), settling into a calming meditative state.

**Slow Flow - Restorative Yoga:** For those seeking a quieter practice. Starting with the breath followed by a sequence of slow meditative postures and ending with restorative poses. Allowing your body to be completely supported using props, promoting ease and relaxation. This practice goes beyond the superficial muscles and right to your central nervous system.

**Yoga Basics:** Perfect for beginners and intermediate participants. Combines Vinyasa (a moving flow of postures w/breath) and Hatha (gentle postures w/breath that strengthen and stretch the entire body). Great easy to follow practice!

**Pilates:** Non-impact exercises work the deep, core abdominal muscles to help achieve efficient and graceful movement. Devote time to concentrated strength. Improve balance, posture, flexibility, and body alignment.