

# Drop-In Group X Class Schedule


Spring 2018 East Portland Community Center  
April 2nd - June 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00							
6:30	<b>Burn 'n' Firm</b> 6:15-7:15 Sheryl H.		<b>Cardio Shape</b> 6:15-7:15 Sheryl H.		<b>Burn 'n' Firm</b> 6:15-7:15 Sheryl H.		
7:00		<b>Pilates Method</b> 7-8 Terri M.		<b>Pilates Method</b> 7-8 Terri M.			
7:30							
8:00			<b>Vinyasa Yoga</b> 7:30-8:45 Carey C.		<b>Vinyasa Yoga</b> 7:30-8:45 Carey C.		
8:30		<b>Exercise for Every 'Body'</b> 8:15-9:15 Terri M.		<b>Exercise for Every 'Body'</b> 8:15-9:15 Terri M.			
9:00	<b>Step 'n' Sculpt</b> 9-10 Terrie M.	<b>Tai Chi</b> 9-10 Harry A. (multi Rm 3)	<b>Zumba Gold™</b> 9-10 Lydia H.	<b>Senior Fit</b> 9-10 Marty A. (Multi Rm 3)	<b>Step 'n' Sculpt</b> 9-10 Terrie M.	<b>Hatha Yoga</b> 8:30-9:45 Piper P.	<b>Hatha Yoga</b> 8:15-9:30 Kate D.
9:30		<b>Nia</b> 9:30-10:30 Magz B.		<b>Nia</b> 9:30-10:30 Magz B.			<b>Family Hatha Yoga</b> 9:45-10:30 Kate D.
10:00						<b>Nia</b> 9:55-10:50 Piper P.	
10:30	<b>Zumba Gold™</b> 10:30-11:30 Lydia H.	<b>Zumba™</b> 10:45-11:45 Lydia H.	<b>Step 'n' Sculpt</b> 10:30-11:30 Larry S.	<b>Zumba™</b> 10:45-11:45 Lydia H.	<b>Zumba Gold™</b> 10:30-11:30 Lydia H.	<b>Zumba™</b> 11-12 Lydia H.	<b>Zumba™</b> 11-12 Autumn H.
11:00							
11:30	Toning, 11:30-11:45 - Sheryl H						
12:00	<b>Yoga Basics</b> 12-1 Sheryl H.	<b>Cardio Shape</b> 12-1 Sheryl H.	<b>Hatha Yoga</b> 12-1 Jenna R.	<b>Boomer Bootcamp</b> 12-1 Sheryl H.	<b>Yoga in Chairs</b> 11:40-12:30 Terri D.	<b>Zumba™ for families</b> 12:15-1 Lydia H.	
12:30							
1:00			<b>Yoga in Chairs</b> 1:15-2:15 Jenna R.				
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30	<b>Pilates</b> 4:30-5:20 Jeanne C.	<b>Zumba™</b> 4:30-5:20 Amaru X.	<b>Cardio Kickboxing</b> 4:30-5:20 Sara B.		<b>Burn 'n' Firm</b> 4:30-5:20 Sara B.	<b>Zumba™</b> 4:30-5:30 Sean R.	
5:00							
5:30	<b>Zumba™</b> 5:30-6:20 Sean R.	<b>Cardio Shape</b> 5:30-6:20 Tommy T.	<b>Zumba™</b> 5:30-6:20 Sean R.	<b>Cardio Shape</b> 5:30-6:20 Tommy T.	<b>Zumba Gold™</b> 5:30-6:20 Lydia H.		
6:00							
6:30	<b>Slow Flow Restorative Yoga</b> 6:30-8 Piper P.	<b>Pound™</b> 6:30-7:20 Tami M.	<b>Pilates Method</b> 6:30-7:20 Debora T.	<b>Pound™</b> 6:30-7:20 Tami M.	<b>Zumba™</b> 6:30-7:30 Lydia H.		
7:00		<b>Hatha Yoga</b> 7:30-8:30 Jenna R.	<b>Yin Yang Yoga</b> 7:30-8:30 Carey C.	<b>Aatma Jyoti Meditation</b> 7:30-8:30 Vetri J.			
7:30							
8:00							
8:30							
9:00							

**Building Hours:**  
M-F: 6am-9pm  
Sat: 7am-6pm  
Sun: 8am-6pm

● Indicates classes designed for beginner and/or intermediate participants  
★ Indicates classes designed for intermediate and/or advanced participants  
■ Indicates lower intensity/slower paced classes designed for seniors  
▲ **Family Fitness Series:** Classes for adults and children ages 6 and up. Children must be accompanied by an adult.

**Group X Classes:** for adults and youth ages 14yrs and up



**Wellness Wednesdays**  
9-10am

Blood Pressure Screenings and Body Composition Testing  
Outside of the Fitness Center



# EPCC Drop - In Group X Class Descriptions

## **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 & healing art forms into a unique program that leaves you feeling exhilarated & powerful. Increase cardiovascular health, strength, balance, agility & creative expression. All sizes & 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 & Salsa dance steps. Routines combine fast & slow rhythms to achieve a balance of cardio & muscle-toning benefits. Join our certified Zumba instructors; no previous dance experience necessary!

## **STRENGTH/CONDITIONING**

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

**Boomer Bootcamp:** A brilliant mix of floor cardio, limited on or off step cardio, strength, muscular endurance, core training & balance work, designed specifically for the older adult, but open to all! Get your motor running to head out on the highway of life, with this fun, easy to follow sweatfest!

**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.

**Bodyweight (BW) Circuit:** 25 minute circuit using nothing but your own bodyweight for resistance. Exercises are simple, yet effective, way to improve balance, flexibility, and strength without machinery. Your body will get stronger with body resistance alone!

**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.

**Exercise for Every 'Body':** A workout for all shapes & sizes, from beginners to our regulars who are looking for a challenge. Provides conditioning in areas of strength using various weights, bars & bands improving cardiovascular endurance & flexibility.

**Core Work:** Core training is about more than the six pack. Your core is the essence of your physical power. In this 25 minute class, learn how to enhance that power through a variable variety of training modalities...and you just might pick up that six pack along the way!

## **FAMILY FITNESS**

**Family Fitness Series:** These classes will feature two different fitness classes: Zumba™ & Hatha Yoga. All with different instructors & all with very unique, age appropriate & welcoming styles. Please view the individual class descriptions for more information on each style of fitness.

## **MIND/BODY**

**Aatma Jyoti Meditation:** A practice which activates the "Light" of your soul. Atma Meditation focuses on visualizing the flame in between the eyebrows. This meditation helps to strengthen your concentration, reduce your stress, heal your anxiety, and bring peace to your mind.

**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.

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

**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.

**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.

**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 & stretch the entire body). Great easy to follow practice!

## **SLOWER PACED**

**\*Arthritis FX (Foundation Exercise) (60+):** Learn the role movement plays in managing arthritis. Easy paced class covers range of motion, relaxation methods & special techniques. Take measures now to relieve symptoms & maintain flexibility. Instructor certified through the Arthritis Foundation.

**\*Senior Fit (60+):** Chair & standing exercises designed to improve physical & mental health. Workout with hand weights & dynabands. Improve coordination, cardiovascular endurance, strength, flexibility & balance!

**\*Tai Chi for Seniors (60+):** Incorporate slow, gentle movements that increase flexibility, balancing, & lung capacity. Promote stress relief, body awareness, suppleness in your spine & increased stamina.

**\*Yoga In Chairs:** Gently works muscles & joints to enhance strength, range of motion, balance & circulation. Reaches beyond typical exercises as it encourages quiet reflection, proper breathing & better posture.

**\*ZUMBA Gold™:** For the largest growing segment of the population: baby boomers! It takes the Zumba formula & modifies the moves & pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit & healthy lifestyle.

**\*Toning:** These 15-30 minute classes are designed to compliment our Zumba Gold™ class. Stick around for some low intensity weight routines that will help build strength and increase muscle, leaving you with a complete full-body workout.

**Group X Classes:** for adults and youth ages 14yrs & up.

**Family Fitness Series:** for adults and children ages 6 and up. Youth must be accompanied by an adult. Younger ages welcome with approval from instructor.

\* Indicates lower impact classes designed for seniors and/or individuals seeking a lower intensity/slower paced workout.

**SWEAT • Smile • and Repeat** 