



# GROUP FITNESS SCHEDULE

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

## WINTER 2018

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
<b>6:00a-6:50a</b> Boot Camp Geoff	<b>6:30a-7:15a</b> HIIT plus Geoff	<b>6:00a-6:50a</b> Boot Camp Geoff	<b>6:30a-7:15a</b> HIIT plus Geoff	<b>6:00a-6:50a</b> Boot Camp Geoff		
<b>7:00a-7:50a</b> Boot Camp Geoff	<b>7:20a-7:50a</b> Core Strength Geoff	<b>7:00a-7:50a</b> Boot Camp Geoff	<b>7:20a-7:50a</b> Core Strength Geoff	<b>7:00a-7:50a</b> Boot Camp Geoff		
<b>8:00a-8:50a</b> Boot Camp- <i>mod.</i> Geoff	<b>8:00a-8:30a</b> Core Strength Geoff	<b>8:00a-8:50a</b> Boot Camp- <i>mod.</i> Geoff	<b>8:00a-8:30a</b> Core Strength Geoff	<b>8:00a-8:50a</b> Boot Camp- <i>mod.</i> Geoff		
<b>8:00a-8:55a</b> Yoga for Strength* Diane	<b>8:00a-9:00a</b> Zumba Gold* Laura	<b>8:00a-8:55a</b> Yoga for Strength* Diane	<b>8:00a-9:00a</b> Zumba Gold* Laura	<b>8:00a-8:55a</b> Yoga for Strength* Diane	<b>8:00a-9:00a</b> Hatha Yoga Paola	
<b>9:00a-9:45a</b> Dance Fit Amanda	<b>8:40a-9:40a</b> Low Impact Alex		<b>8:40a-9:40a</b> Low Impact Alex			
<b>10:00a-10:55a</b> Yoga in Chairs* Sherri	<b>9:00a-9:55a</b> Pilates- <i>level 2</i> Debora		<b>9:30a-10:30a</b> Pilates-mat Debora	<b>9:00a-9:50a</b> Deep Stretch Yoga Sandra Gail	<b>9:00a-10:00a</b> Zumba Juliette	
	<b>10:00a-10:55a</b> Pilates- <i>level 1</i> Debora	<b>10:00a-10:55a</b> Yoga in Chairs* Sherri	<b>10:00a-11:00a</b> Deep Stretch Yoga Sandra Gail	<b>10:00a-10:55a</b> Yoga in Chairs* Sherri	<b>10:00a-11:00a</b> Pilates- <i>mat</i> Deb	
	<b>10:00a-11:00a</b> Fresh Start Yoga Sandra Gail	<b>11:05a-12:20p</b> Melt Method Sharie				<b>1:00p-2:00p</b> Yoga 2 Paola
	<b>6:00p-7:00p</b> Yoga 2 Anne	<b>5:00p-6:00p</b> POUND Shlee				
	<b>6:00p-7:30p</b> Prenatal Yoga Eden	<b>6:00p-7:00p</b> Pilates- <i>mat</i> Dana	<b>6:00p-7:00p</b> Fresh Start Yoga Diane			
<b>7:15-8:45p</b> Chen Style Tai Chi Mary	<b>7:05p-8:05p</b> Fresh Start Yoga Anne					
	<b>7:30p-8:30p</b> Zumba Laura	<b>7:30p-8:30p</b> Circuit City Alex				



## 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!

**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.

**POUND:** This exhilarating full-body workout combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin’ out!

## 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

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

**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!

**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.

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

## 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.

