



GROUP FITNESS SCHEDULE

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

SUMMER 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
6:00a-6:50a Boot Camp Geoff	6:30a-7:15a HIIT plus Geoff	6:00a-6:50a Boot Camp Geoff	6:30a-7:15a HIIT plus Geoff	6:00a-6:50a Boot Camp Geoff	
7:00a-7:50a Boot Camp Geoff	7:20a-7:50a Core Strength Geoff	7:00a-7:50a Boot Camp Geoff	7:20a-7:50a 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 Yin Yoga Anne
8:00a-8:55a Yoga for Strength* Diane	8:00a-9:00a Low Impact Haley	8:00a-8:55a Yoga for Strength* Diane	8:00a-9:00a Low Impact Haley	8:00a-8:55a Yoga for Strength* Diane	
	9:00a-9:55a Pilates- <i>level 2</i> Debora		9:30a-10:30a Pilates-mat Debora	9:00a-9:50a Deep Stretch Yoga Sandra Gail	9:00a-9:50a Hatha Yoga Anne
	10:00a-10:55a Pilates- <i>level 1</i> Debora				9:00a-10:00a Zumba Juliette
10:00a-10:55a Yoga in Chairs* Sherri	10:00a-11:00a Fresh Start Yoga Sandra Gail	10:00a-10:55a Yoga in Chairs* Sherri	10:00a-11:00a Deep Stretch Yoga Sandra Gail	10:00a-10:55a Yoga in Chairs* Sherri	10:00a-11:00a Pilates- <i>mat</i> Deb
	11:15a-12:45p Yoga for Vitality* Sherri	11:05a-12:20p Melt Method Sharie	11:15a-12:45p Yoga for Vitality* Sherri		
	6:00p-7:00p Fresh Start Yoga Anne	6:00p-7:00p Pilates- <i>mat</i> Dana	6:00p-7:00p Fresh Start Yoga Anne		
	7:05p-8:05p Yoga 2 Anne		7:05p-8:05p Yoga 2 Anne		
7:15-8:45p 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.

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 Plus: One half fun aerobic fitness and low impact movements that are motivating for all ages and every body, and one half core-focused training dedicating time to strengthening abs, lower back, hips and glutes. Taken together, you will tone your muscles while you improve your heart health, energy, joint mobility, flexibility and balance.

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 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.

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.

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

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.

