

Charles Jordan Community Center

Spring 2018 Group Exercise Class Drop-In Schedule (Effective 4/1/18- 6/30/18)

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
6:30-8:30am	Basketball (All Pass holders & drop-ins welcomed) M-F						
8:30-9:30am	Circuit City		Circuit City				
9:00-9:55am				Restorative Yoga			
9:15-10:15am					Zumba Gold Toning®	Zumba®	U-Jam®
10:00-10:55am	Zumba Gold® 10-11am	Fitness & Fun From your Chair	Zumba® Gold 10-11am	Fitness & Fun From your Chair			
10:30-11:30am					Low Impact Cardio	Yoga- All Levels	Pound® 10:20-11:20am
11:00-11:55am		Fit for Life		Fit for Life			
12:00-1:00pm	Cardio kickboxing 12-12:55am	Active Aging Bootcamp	Arthritis FX 12-12:55am	Active Aging Bootcamp			
1:00-2:00pm	Be Fit		Be Fit				
2:00-3:00pm		Tai Chi For Balance	Yoga in Chairs 2:15-3:15pm	Tai Chi For Balance			
5:30-6:30pm	U-Jam®	Ab Fab 5:30-5:55pm	U -Jam®	Ab Fab 5:30-5:55pm			
6:00-6:55pm		Zumba®		Zumba®	Family Fitness (U Jam) 6-7pm		
6:40-7:40pm	Yoga- All Levels		Yoga- For Strength & Flexibility				
7:00-7:55pm		Aerobics Conditioning		Aerobics Conditioning	Zumba® 7-8pm		

*Please note that the classes highlighted in grey are new or have had a time change. Class descriptions can be found on the back of this page.

*updated 4/2/18



Commissioner Amanda Fritz
Mike Abbate



PORTLAND PARKS & RECREATION
Healthy Parks, Healthy Portland

Beginning

Fit for Life

Functional fitness uses real life movements like lifting, bending & reaching to improve physical condition & ease of movement. Regular activity helps prevent many chronic diseases & is an important part of weight control.

Fitness & Fun from your Chair

Come develop strength, utilizing foundational movements, support and maintain fitness for every day.

Be Fit

Functional fitness uses real life movements like lifting, bending & reaching to improve physical condition & ease of movement. Regular activity helps prevent many chronic diseases & is an important part of weight control.

Tai Chi for Balance

More than 600 years ago this martial art evolved in China as healers searched for a source of physical immortality. Incorporate slow, gentle movement that increase flexibility, balancing, & lung capacity. Promote stress relief, body awareness, suppleness in your spine & increase stamina.

Low Impact Cardio

This comprehensive fitness program uses a chair& standing exercises designed to improve physical & mental health. An additional option may include resistance workout with hand weights & dyna-bands.

Improve coordination, cardiovascular endurance, strength, flexibility & balance!

Arthritis FX (Foundation Exercise)

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.

Beginning/ Intermediate

Aerobics-Conditioning

A great workout for all. Moderate aerobics will boost your energy level, burn calories, reduce stress, & get you in shape. No experience necessary!

Zumba®

A high energy combination of Latin/Reggae and Salsa dance steps, sure to rock your socks off! No previous dance experience necessary!

Zumba Gold®

It takes the Zumba formula & modifies the moves & pacing to suit the needs of the active older participants as well as those just starting their journey to a fit healthy lifestyle.

Zumba Gold Toning®

Is the next step up from Zumba Gold, small weights 1-3lbs only are incorporated into this class.

Active Aging Boot Camp

Are you an energetic individual looking to step up your fitness routine & build a strong fitness foundation? Circuit & interval training strengthens the core, increases endurance & lengthens muscles. Gain the benefits of living an active lifestyle.

Beginning/ Intermediate Continued..

U Jam Fitness®

Is a hip hop fitness workout, which combines dance & high energy music for a workout that will get your heart beat up, body moving, and make you sweat! No dance experience needed!

Circuit City

Step, pump and jump your way through different workout stations. Drop-in for however long you want your workout to last!

Pound®

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!

(U-Jam) Friday Family fitness

Ages 5 & up welcome!

Please come and enjoy fitness as a family together.

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!

Mind/Body

Yoga-All Levels

Relax your mind & body while improving strength, stamina & flexibility. Relieve the stresses of daily life with these revitalizing techniques. This century old practice of exercise increases your focus & sense of well-being.

Yoga-For Strength & Flexibility

Improve your strength, flexibility, balance, and mindfulness in this class designed to meet the needs of beginners as well as challenge intermediate practitioners. Come join our fun Wednesday evening community-- yoga is for everyone!

Restorative Yoga

Freedom of movement is directly related to the ability to relax muscles. When muscles are not able to relax they resort unnecessary pressure on the joints. Through breath work & gentle stretching it's possible to create more comfortable movement.

Yoga in chairs

A fun, gentle class of stretching and movement to maintain 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.

Intermediate

Ab Fab

Includes 20 minutes of intense abdominal strengthening exercise giving you a stronger, leaner, core.

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