

# Charles Jordan Community Center

Summer 2019 Group Exercise Class Drop-In Schedule (Effective 7/1/19- 9/30/19)

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>6:30-7:15am</b>	Adult Basketball M-F		Insanity® 6:30-7am		Insanity® 6:30-7am		
<b>8:30-9:30am</b>	Circuit City		Circuit City				
<b>9:00-9:55am</b>							
<b>9:15-10:15am</b>					Zumba Gold Toning®	Zumba®	
<b>10:00-10:55am</b>	Zumba Gold® 10-11am	Fitness & Fun From your Chair	Zumba® Gold 10-11am	Fitness & Fun From your Chair			
<b>10:30-11:30am</b>					Low Impact Cardio	Yoga- All Levels	Pound® 10:20- 11:20am
<b>11:00-11:55am</b>	Yoga in Chairs	Fit for Life		Fit for Life	Yoga for Everyone's Body 11:40-12:40pm		
<b>12:00-1:00pm</b>	Joint Friendly Strength & Cardio 12-12:55am	Active Aging Bootcamp	Arthritis FX 12-12:55am	Active Aging Bootcamp			
<b>1:00-2:00pm</b>	Be Fit		Be Fit				
<b>2:00-3:00pm</b>		Tai Chi for Balance	Yoga in Chairs 2:15-3:15pm	Tai Chi for Balance			
<b>5:30-6:30pm</b>	U-Jam®	Fab Abs 5:30-5:55pm	U -Jam®	Fab Abs 5:30-5:55pm	Fab Abs 5:30-6pm		
<b>6:00-6:55pm</b>		Zumba®		<b>Insanity® 6-6:45pm</b>	Family Fitness (U Jam) 6-7pm		
<b>6:40-7:40pm</b>	Yoga- All Levels		Yoga-For Strength & Flexibility				*Please note that the classes highlighted in grey are new classes that we have added to the schedule.
<b>7:00-7:45pm</b>		Insanity®		<b>Zumba® 7-8pm</b>	Zumba® 7-8pm		



Commissioner Nick Fish  
Director Adena Long



**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.

### **Joint Friendly Strength & Cardio**

Many people have painful joints from either injury, tendonitis or arthritis but they still want to remain active. This class focuses on total body conditioning using joint friendly exercises at a pace that keep your heart pumping. Variations to exercises are designed to incorporate all levels of fitness.

## **Beginning/ Intermediate**

### **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.

### **Fab Abs**

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

### **Insanity® (Modified)**

Is a revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training. By using MAX Interval Training, INSANITY pushes the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism.

## **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!

### **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.

### **Yoga- Beginning**

Discover the centuries-old practice of posture and breathing started in India. Increase strength and flexibility while relieving stress and tension. An excellent way to learn to gauge and meet the ever-changing needs of mind and body.

### **Yoga for Everyone's Body**

Enjoy a renewed sense of balance and calm in a mixed – level yoga session. Improve your health, tone muscles, and strengthen your bones. You don't have to twist yourself into a pretzel to do yoga- yoga is for everyone!