

ACTIVE AGING

GROUP EXERCISE SCHEDULE

East Portland Community Center
Fall 2019: Effective September 1st

MONDAY

10:30 AM
Zumba Gold™
Lydia H.

TUESDAY

8:15 AM
Exercise for
Every 'Body'
Terri M.

9:00 AM
Tai Chi**
Harry A.

10:15 AM
Senior Fit**
Sara B.

WEDNESDAY

9:00 AM
Zumba Gold™
Lydia H.

1:15 PM
Yoga in Chairs
Jenna R.

THURSDAY

8:15 AM
Exercise for
Every 'Body'
Terri M.

9:00 AM
Senior Fit**
Marty A.

10:00 AM
Arthritis FX**
Marty A.

4:30 PM
Zumba Gold™
Sachi N.

FRIDAY

10:30 AM
Zumba Gold™
Lydia H.

1:15 PM
Yoga in Chairs
Terri D.

5:30 PM
Zumba Gold™
Lydia H.



PORTLAND PARKS & RECREATION
Healthy Parks, Healthy Portland



****Indicates the class will be held in Multi Room 3 vs. Studio**

ACTIVE AGING CLASS DESCRIPTIONS

Exercise for Every 'Body': An energizing workout to the beat of the music for all shapes and sizes! Use a height-adjustable step and simple movements on, over and around your step combined with muscle conditioning and strengthening to shape and tone your entire body.

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

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

Senior Fit: Chair and standing exercises designed to improve physical and mental health. Workout with hand weights and dyna-bands. Improve coordination, cardiovascular endurance, strength, flexibility and balance!

Tai Chi: Incorporate slow, gentle movements that increase flexibility, balancing, and lung capacity. Promote stress relief, body awareness, suppleness in your spine and increased stamina.

Zumba Gold™: For the largest growing segment of the population: baby boomers! It takes the Zumba formula and modifies the 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.

