



Group Exercise Class Schedule

Effective July 2010

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM		Yoga Michele 3		Yoga Michele 3		
9:00 AM	FUNDamental Fitness Lori 2		FUNDamental Fitness Lori 2		Silver&Fit® Experience Lori 2	Yoga Carolyn 2
10:00 AM	10:15 Silver&Fit® Experience Dalene 2	Silver Sneakers® Yoga Stretch Lori (45 min) 1	BREASE Holly (45 min)	Silver Sneakers® Yoga Stretch Lori (45 min) 1		Callanetics Carolyn 2
10:45 AM (75 min)		Chi Gong/Tai Chi Steve 1		Chi Gong/Tai Chi Steve 1		
11:15 AM (45 minutes)	Silver Sneakers® MSROM Dalene 1		Silver Sneakers® MSROM Lori 1		Silver Sneakers® MSROM Dalene 1	Meditation Ilknur 1 (60 min)
11:30 AM (40 minutes)	Circuit Training Rich 1		Circuit Training Rich 1		Circuit Training Rich 1	
12:15 PM	Quick F.I.T. Dalene 3	Core Circuit Andree 2	Boot Camp Lori 3	Core Training Andree 2	Quick F.I.T. Dalene 3	
1:15 PM	Portland Parks & Rec Yoga w/ Carolyn 1				Portland Parks & Rec Yoga 1	
5:15 PM		Nia Lloydine 2		Zumba –Joni 2 STARTS 7/22		
5:45 PM	Yoga Judy 1		Yoga Judy 1			
6:30 PM		Callanetics-Carolyn NEW DAY/TIME STARTS 7/20				
7:00 PM						

All Portland Parks and Recreation classes are open to 10th Avenue Athletic Club members 55 and over. All classes last one hour unless otherwise specified.

CLASS CODES: 1=ALL LEVELS CLASS, 2=INTERMEDIATE CLASS, 3=ADVANCED CLASS

- Boot Camp** Challenge yourself with hi-energy calisthenics-type exercises done in a circuit format. A great cardio, strength & ab workout!
- Callanetics** Uses isometric movement by carefully flexing and pulsing different parts of the body in small, precise movements. Strengthens the back, elongates the muscles and targets the deeper muscles at the core giving a longer leaner profile and back protection
- Circuit Training** This 40-minute class provides a challenging workout that includes cardio intervals and strength training on the Nautilus equipment.
- Core Circuit** Focus on strength, balance, cardio conditioning and stamina as you move through different stations around the studio.
- Core Training** Improve your body's shape and function in this 45-minute class
- FUNDamental Fitness** Non-impact workout that incorporates cardiovascular and strength conditioning, and stretching. This class accommodates a wide variety of ages and abilities. Work at your own level and pace while still getting the encouragement and social support of a group.
- Quick F.I.T.** This is a Fun Intense Training workout that incorporates aerobic challenges and uses free weights and tubes for strength training.
- Mediation** Relax your mind and your body with our mediation class. New Saturday morning class starting in July!
- MSROM** **Muscular Strength & Range of Movement-** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.
- Nia** Aerobic exercise which combines dance, martial arts and healing arts blending nine movement forms!
- Silver&Fit** Level 2 Experience for moderately active older adults who exercise in some way 1 to 2 days/ week. Level 3 Excel for very active older adults who regularly exercise 3 or more days/week. Both classes are designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength, power and cardiovascular endurance.
- Tai Chi** Improve your mental clarity, focus, balance, range of movement and more with the slow, precise movements of Tai Chi!
- Yoga** This intermediate class focuses on flexibility, balance, strength and posture and is designed to enhance vitality and sense of well-being. Positions can be modified to allow for all levels of participants to benefit from this class.
- Yoga Stretch** Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.
- Zumba** Join the party! Get a fantastic and FUN cardio workout using dance steps done to Latin rhythms. A worldwide sensation in exercise!