



Group Exercise Class Schedule

Effective October 2008

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM		Yoga Nicole 3		Yoga Nicole 3		
9:00 AM	FUNDamental Fitness Lori 2		FUNDamental Fitness Lori 2		FUNDamental Fitness Lori 2	Yoga Carolyn 2
10:00 AM		Gentle Yoga Stretch Lori (45 min) 1	BREASE Holly (45 min)	Gentle Yoga Stretch Lori (45 min) 1		Callanetics Carolyn 2
10:15 AM (45 minutes)	Silver Sneakers MSROM Dalene 1					
11:00 AM		Tai Chi David 1		Tai Chi David 1		
11:15 AM (45 minutes)	Silver Sneakers MSROM Dalene 1		Silver Sneakers MSROM Lori 1		Silver Sneakers MSROM Dalene 1	
11:30 AM (40 minutes)	Circuit Training Rich 1		Circuit Training Rich 1		Circuit Training Rich 1	
12:15 PM (45 minutes)	Quick F.I.T. Dalene 3	Core Training/Circuit Andree 3		Core Training Andree 3	Quick F.I.T. Dalene 3	
1:30 PM	Portland Parks & Recreation Yoga 55+ 1				Portland Parks & Recreation Yoga 55+ 1	
5:25 PM		Cardio Blast Lauren 2		Cardio Blast Lauren 2		
5:45 PM	Yoga Judy 1		Yoga Judy 1			
6:30 PM		Callanetics Carolyn 1	Boot Camp Lori 3	Callanetics Carolyn 1		

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 Descriptions

- BREASE** This 45-minute class is part of special program for breast cancer survivors. Regain physical strength and mobility in areas affected by surgery and treatment.
- Circuit Training** This 40-minute class provides a challenging workout that includes cardio intervals and strength training on the Nautilus equipment. Enjoy the motivation of working out in a group setting with the expertise of a personal trainer.
- Core Training** Improve your body's shape and function in this 45-minute class focused on abdominal and lower back strength. This class incorporates a variety of exercises seated or lying, on the mat or the ball to increase endurance, improve posture, and aid in injury prevention.
- FUNDamental Fitness** A low to non-impact workout that incorporates cardiovascular and strength conditioning, and stretching exercises. This class can accommodate a wide variety of ages and abilities. Participants can work at their own level and pace while still getting the encouragement and social support of a group.
- Quick F.I.T.** Get a complete cardiovascular, strength, and stretching workout in 45 minutes during your lunch hour! This class is a Fun Intense Training workout that incorporates aerobic challenges such as step-ups or jumping jacks and uses free weights and exercubes for strength training. Modifications will be provided so that all participants have a challenging and safe workout.
- 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.
- Cardio Blast** Get a complete cardiovascular, strength and stretching workout in an action-packed hour. A variety of aerobic moves and strength exercises will be incorporated. Come check out this class and get energized!
- Callanetics** Callanetics delivers maximum results in minimum time using isometric movement by carefully flexing and pulsing different parts of the body in small, precise movements. Safe and fun, it strengthens the back, elongates the muscles and targets the deeper muscles at the core giving a longer leaner profile and back protection. If you do Pilates you will find Callanetics a welcome alternative!
- 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.
- 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.
- Tai Chi** Improve your mental clarity, focus, balance, range of movement and more with the slow, precise movements of the ancient practice of Tai Chi!