

group fitness schedule

Free to Members
Starting January 1, 2023

SUNDAY

HIIT
8:30 am
Studio 2 - Terry

Yoga
9:45 am
Studio 1 - Amy

Barbell Strength
10:00 am
Studio 2 - Julie

Pilates
11:00 am
Studio 1 - Julie

MONDAY

Barbell Strength
6:15 am
Studio 2 - Sarah

Cardio Kickboxing
7:15 am
Studio 2 - Mandy

Nia
8:00 am
Studio 1 - Patricia

Aquarobics
9:00 am
Main Pool - Chris

Senior Core
9:00 am
Studio 2 - Lisa

Yoga
9:05 am
Studio 1 - Gabrielle

Zumba Gold
10:10 am
Studio 2 - Mandy

Arthritis Exercise
10:15 am
Warm Pool - Chris

Chair Yoga
11:10 am
Studio 1 - Amy

Intermediate Core
11:15 am
Studio 2 - Lisa

Aqua HIIT*
12:15 pm (45 min.)
Main Pool - Jessica

Tai Chi for Health
12:30 pm
Studio 1 - Ruth

Yoga
5:00 pm
Studio 1 - Nurit

Cycle
6:15 pm
Studio 2 - Eric

TUESDAY

Yoga
7:15 am
Studio 1 - Gabrielle

Ai Chi
8:05 am
Warm Pool - Carol

Cycle
8:45 am
Studio 2 - Jessica

Aquapower
9:00 am
Main Pool - Amy

Pilates
9:00 am
Studio 1 - Julie

Gentle Yoga
10:05 am
Studio 1 - Tai

Aqua Yoga*
10:15 am (45 min.)
Warm Pool - Amy

Forever Fit
11:05 am
Studio 1 - Jessica

Gentle Yoga
12:05 pm
Studio 1 - Amy

Strength + Cycle
12:30 pm
Studio 2 - Jessica

Barbell Strength
5:30 pm
Studio 2 - Lisa

WEDNESDAY

Cardio Kickboxing
7:15 am
Studio 2 - Mandy

Nia
8:00 am
Studio 1 - Patricia

Aquarobics
9:00 am
Main Pool - Chris

Senior Core
9:00 am
Studio 2 - Lisa

Yoga
9:05 am
Studio 1 - Gabrielle

Zumba
10:10 am
Studio 2 - Mandy

Arthritis Exercise
10:15 am
Warm Pool - Chris

Chair Yoga
11:10 am
Studio 1 - Amy

Advanced Core
12:10 pm
Studio 2 - Lisa

Aqua HIIT*
12:15 pm (45 min.)
Main Pool - Jessica

Tai Chi for Health
12:30 pm
Studio 1 - Ruth

Yoga
6:00 pm
Studio 1 - Gabrielle

Cycle
6:15 pm
Studio 2 - Eric

THURSDAY

Barbell Strength
6:15 am
Studio 2 - Sarah

Yoga
7:15 am
Studio 1 - Gabrielle

Ai Chi
8:05 am
Warm Pool - Carol

Cycle
8:45 am
Studio 2 - Jessica

Aquapower
9:00 am
Main Pool - Amy

Pilates
9:00 am
Studio 1 - Julie

Gentle Yoga
10:05 am
Studio 1 - Tai

Aqua Yoga*
10:15 am (45 min.)
Warm Pool - Amy

Forever Fit
11:05 am
Studio 1 - Jessica

Intermediate Core
11:15 am
Studio 2 - Lisa

Strength + Cycle
12:30 pm
Studio 2 - Jessica

Yoga
5:00 pm
Studio 1 - Nurit

FRIDAY

Greatest HIITs
7:00 am
Studio 2 - Lisa

Nia
8:00 am
Studio 1 - Patricia

Aquarobics
9:00 am
Main Pool - Chris

Yoga
9:05 am
Studio 1 - Gabrielle

**Senior Strength
and Balance**
9:05 am
Studio 2 - Jessica

Zumba
10:10 am
Studio 2 - Mandy

Arthritis Exercise
10:15
Warm Pool - Chris

Chair Yoga
11:10 am
Studio 1 - Amy

Advanced Core
12:10 pm
Studio 2 - Lisa

Aqua HIIT*
12:15 pm (45 min.)
Main Pool - Amy

SATURDAY

Senior Core
9:00 am
Studio 2 - Lisa

HIIT
10:00 am
Studio 2 - Terry

* All classes are 55 minutes (unless other noted) and in-person at the MJCC.



group fitness class descriptions

Ai Chi

Ai-Chi helps improve balance and range of motion and promotes relaxation and cardiovascular health.

Aqua HIIT

Aqua HIIT is High Intensity (low joint impact) Interval Training. This vigorous aqua-express class will help you burn calories.

Aquapower

High energy routines let you burn the most calories while still enjoying a no-to-low impact workout.

Aquarobics

This no-to-low impact class is perfect for those looking to start a fitness routine or add variety to an existing one. The water provides buoyancy for support while you build a strong body. Great for rehabilitating after injuries.

Aqua Yoga

Experience the benefits and challenges of practicing yoga in an environment that supports your body and allows you to enjoy poses that can be more difficult on land.

Arthritis Exercise

Warm water is the ideal environment for relieving arthritis pain and stiffness. Gain flexibility, range of motion, and strength while relieving pain. Also appropriate for persons without arthritis.

Barbell Strength

A whole body strength class that is for all abilities and fitness levels. The class is set to music and uses light barbells, free plates, and hand weights.

Cardio Kickboxing

Join us for cardio kickboxing, a fun combination of martial arts and upbeat cardio. This high-energy class will help improve coordination and build lean muscle, while having fun.

Core - Senior

This gentle, introductory class focuses on the core. Stand, sit, use the wall for balance, or get on the floor based on your abilities and comfort levels with the and various exercises.

Core Strength - Intermediate

Experience a full-body warm-up, low-intensity core, high-intensity core, 15 minutes core on the floor, balance, and cool-down. You need to be able to get down and up from the floor fairly easily.

Core - Advanced

Focus on the abdominal muscles in this full-body workout and improve your balance, as well. This class is for **CONDITIONED INDIVIDUALS** who have been doing high-intensity cardio and weights for **AT LEAST 6 months**.

Cycle

Sprint, climb, spin, and sweat in this high energy group biking experience set to powerful music. This cardio workout is done on a stationary bike and is based on cycle principles which focus on cadences, heart-rate zones, drills, climbs, and sprints.

Forever Fit

Move it, strengthen it, and stretch it in this mixed-format class. Guaranteed to work all your muscles, including your heart. Great for beginners and active seniors.

Greatest HIITs

Get ready to dance and party like it's 1999! This well-rounded class includes a HIIT portion, and also warm-up, weight resistance, core work, balance, and cool down.

HIIT

Quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

Nia

Recharge, rejuvenate, and come alive with this blend of dance, martial, and healing arts! Nia stimulates body, mind, and spirit. Great for all fitness levels.

Pilates

Improve range of motion, postural strength and balance, abdominal strength, stability, and control.

Senior Strength + Balance

Seniors can experience strength gains later in life and practice balance moves to reduce the likelihood and seriousness of falling and other common movement injuries.

Strength + Cycle

A workout experience on and off the bike. Each class incorporates HIIT. Work your cardiovascular system through sprints and climbs followed by circuits for strength, using a variety of gym equipment.

Tai Chi for Health

These Sun-style forms are easy on the joints and improve balance. Classes include a meet and greet, warmups, learning a new form (or exploring a previously-learned form in greater depth), and cool-downs.

Yoga - Chair

Chair yoga is a beneficial form of yoga for any fitness level, from active seniors to those recovering from an injury. It has low impact on joints and Improves flexibility.

Yoga - Gentle

Experience a blend of Iyengar (alignment focus), a bit of Viniyoga (moving with breath), and Anusara influence (mind, body, spirit). Perfect for beginners or people with injuries or disabilities.

Yoga

Flow through this vinyasa class focusing on meditative breath, body strength, proper body alignment in asanas (postures), flexibility, and balance. A variety of levels are available.

Zumba

Dance your way to fitness, with Latin and international rhythms. Maximize caloric output, burn fat, and tone your body in a fun, party-like atmosphere.

Zumba Gold

Zumba Gold is done at a much lower intensity. It's just as much fun just not as fast! Zumba Gold utilizes the same great Latin styles of music and dance allowing you time to learn the steps that are used in Zumba basic program

Questions?

Email fitness@oregonjcc.org

