

group fitness schedule

(November 1, 2020)

SUNDAY

10:00 am
*Senior Strength
and Balance*
Jessica

MONDAY

8:00 am
*Gentle Yoga/
Pilates NEW!*
Tara

9:00 am
Yoga
Tara

10:15 am
Zumba Gold
Mandy

TUESDAY

7:15 am
Yoga
Tara

8:30 am
Pilates
Tara

9:45 am
Gentle Yoga
Tara

11:00 am
Forever Fit
Jessica

WEDNESDAY

8:00 am
*Gentle Yoga/
Pilates NEW!*
Tara

9:00 am
Yoga
Tara

10:15 am
Zumba
Sandy

12:00 pm
*Re-Introduction
to Strength
Training NEW!*
Julie

THURSDAY

7:15 am
Yoga
Tara

8:30 am
Pilates
Tara

9:45 am
Gentle Yoga
Tara

11:00 am
Forever Fit
Jessica

FRIDAY

8:00 am
Gentle Yoga
Tara

9:00 am
Yoga
Tara

9:30 am
*Senior Strength
and Balance*
Jessica

10:15 am
Zumba
Sandy

SATURDAY

Don't forget to check out free on demand
Les Mills at home workouts:
<https://watch.lesmillsondemand.com/at-home-workouts>

Classes are 55 minutes.
All classes are open to members only.

Visit oregonjcc.org/zoom to find the login
information. The password to this page
has been emailed to all members.
If you need the password, contact us
at mjcc@oregonjcc.org.

Questions?
Contact Joe at jseitz@oregonjcc.org



group fitness

class descriptions

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.

Pilates

Perfect for those new to Pilates who prefer a slower pace or have injuries or disabilities. Includes movements to improve core strength, balance, and flexibility.

Re-introduction to Strength Training NEW!

A gentle, introductory class for people new, or returning to strength training. Explore safe technique in the beginning to develop strength and learn the foundations for using equipment safely.

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.

Yoga - Gentle

This class is 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 NEW!

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.

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Visit oregonjcc.org/zoom to find the login information. The password to this page has been emailed to all members and is updated monthly. If you need the password, contact us at mjcc@oregonjcc.org.

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