



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

All morning classes are appropriate for AOA members or those just getting back into fitness.

8 AM Court 6	Active Adults <i>Staff</i>	Zumba Gold® <i>Karen</i>	Gentle Yoga <i>Cindy</i>	Zumba Gold® <i>Karen</i>	Active Adults <i>Kelley</i>
9 AM Court 6	Cardio Strength Low Impact <i>Emily</i>	Yoga <i>Cindy</i>	Cardio Strength Low Impact <i>Cheri</i>	Yoga <i>Kelley</i>	Cardio Strength Low Impact <i>Kelley</i>
9 AM Upstairs	Barre <i>Cheri</i>		Barre <i>Kelley</i>		
10 AM Court 6	REFIT® <i>Kelley</i>	Tai Chi <i>David</i>	REFIT® <i>Kelley</i>	Tai Chi <i>David</i>	Chair Yoga <i>David</i>
10 AM Upstairs			Cycle <i>Cheri</i>		
11 AM	Fit 4 Life <i>Emily</i>	Active Adults <i>Staff</i>	Fit 4 Life <i>Emily</i>	Active Adults <i>Sue</i>	

Lunch Time Express Class—Designed for a quick in and out workout

12-12:25 PM 12:25-12:50 PM	Cardio Strength <i>Kelley</i>		Cardio Strength <i>Donna</i>		Cycle <i>Cheri</i>
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Evening Classes—Held Upstairs

5 PM	Powering Forward <i>Jennifer</i> <i>Instructor approval required</i>	Powering Forward <i>Jennifer</i> <i>Instructor approval required</i>
5:45 PM		
6 PM	Functional Circuit <i>Corbin</i>	Functional Circuit <i>Corbin</i>

CARDIO

Cycle	Speed and sprint drills to improve cardio endurance and heart health. Hills and climbs strengthen the hip and legs muscles. Speed, resistance, and intensity options are easily adapted to your skill level.
REFIT®	A low impact cardio class with easy to follow choreography set to uplifting music. Refit is for everybody and every body.
Zumba® Gold	Zumba® Gold is designed to meet the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. It's a dance-fitness class set to zesty Latin music, like salsa, merengue, and cumbia The easy-to-follow moves and modified pacing create a fun, invigorating, party-like atmosphere. Endorsed by Silver&Fit.

STRENGTH

Barre	Focus on muscular endurance, balance, posture, and core stability with exercises designed to lengthen and tone your muscles. Endorsed by Silver&Fit.
Fit for Life	Safe movements to build gait, improve posture, enhance strength, increase balance, walking abilities, and mobility. This chair based class is a great option for someone with injuries, chronic conditions, or just coming back to fitness.
P90X Live®	A variety of fitness routines from cardio to resistance training to core work. Using the science of muscle confusion, P90X constantly switches things up to help you bust through workout and fitness plateaus.

CARDIO/STRENGTH COMBINATION

Active Adults	Mix of cardio, strength, balance, flexibility, coordination, and agility are used to meet the functional fitness needs of active older adults. Chair option is available.
Cardio Strength	Blend of aerobic and muscular endurance training. Alternate between cardiovascular conditioning and muscle endurance exercises for the ultimate two-in-one workout. Total body workout using a variety if strength equipment and your own body weight. Modifications provided for all fitness levels.
Cardio Strength Low Impact	This class is a combination of strength training and basic low impact cardiovascular segments. Specifically designed for a great workout without the added impact to joints. Total body workout using a variety if strength equipment and your own body weight. Modifications provided for all fitness levels.
Functional Circuit	This challenging class provides a great full body workout as participants continually move through a series of strength training exercises designed to elevate the heart rate and challenge their muscles. Movements may include: BOSU, jump ropes, kettlebells, weights, and medicine balls.

MIND AND BODY CLASSES

Chair Yoga	An adaptive yoga class that uses a chair for support and balance. Breathing exercises and yoga poses used to reduce stress, increase range of motion and flexibility, improve balance and overall well-being.
Gentle Yoga	This class is designed to safely lead you through gentle yoga poses and stretches to increase strength, flexibility, and balance.
Tai Chi	A mind-body practice combining mental focus, flowing, gentle movements and relaxed, natural breathing. Accessible to a wide range of ages and physical abilities. Improves balance, coordination, flexibility, and strength. Can help prevent and rehabilitate many conditions associated with aging.
Yoga	Build a strong body, mind and spirit. Yoga postures, breathing exercises and a mind focus to improve balance, strength and flexibility. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is for all fitness levels.

SPECIALTY

Powering Forward	This agility Boot Camp is specifically developed for the higher functioning persons with Parkinson's disease. Instructor approval required.
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Group Fitness Schedule classes are included with YMCA membership. Class formats may vary by instructor. Schedule is subject to change including listed instructors, times, days, formats, and cancellations. Stay up to date with our mobile app. Download from Google Play or the Apple store. Search for YMCA of Columbia-Willamette.