

# GROUP EXERCISE SCHEDULE

COURTSPTS EUGENE

Effective January 1st



STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	<b>CYCLE</b> Dawnaelle	<b>STRENGTH</b> Dawnaelle	<b>CYCLE INTERVALS</b> Dawnaelle				
8am	<b>YOGA</b> Andrea	<b>CORE &amp; FLEXIBILITY</b> Roxanne	<b>CARDIO BALANCE</b> Diane	<b>CORE &amp; FLEXIBILITY</b> Roxanne	<b>YOGA</b> Roxanne		
9am	<b>CYCLE</b> Erin	<b>POWER HOUR</b> Erin	<b>YOGALATES</b> Erin	<b>POWER HOUR</b> Erin	<b>ZUMBA®</b> Jesse	<b>HATHA YOGA</b> Deborah 8:20	<b>CYCLE</b> Dawnaelle
10am	<b>CARDIO FIT</b> Joyce	<b>GENTLE YOGA</b> Joyce	<b>BONES &amp; BALANCE +</b> Erin	<b>CARDIO FIT</b> Joyce	<b>YOGALATES</b> Erin	<b>SD KICKBOX</b> Teri 9:30	
11am					<b>GENTLE YOGA</b> Joyce	<b>STRENGTH</b> Teri 10:30	
12:00pm	<b>ZUMBA®</b> Jesse		<b>ZUMBA®</b> Jesse			<b>ZUMBA®</b> Jesse 11:30	
5:30pm	<b>CARDIO POWER</b> Raina	<b>VINYASA YOGA</b> Nicole	<b>SD KICKBOX</b> Teri	<b>HATHA YOGA</b> Glen			
6:30pm	<b>STRENGTH</b> Teri	<b>CYCLE</b> Teri	<b>STRENGTH</b> Teri	<b>ZUMBA®</b> Jesse			

Classes meet for 55 minutes unless otherwise specified  
\*Express class: 30 minutes



Although classes are created to meet specific fitness needs, level modifications are offered!

POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am	<b>AQUA FIT</b> Renee		<b>AQUA FIT</b> Karen		<b>AQUA FIT</b> Karen	
9:15am		<b>AQUA FIT</b> Renee		<b>AQUA FIT</b> Renee		<b>AQUA FIT (9:00)</b> Kendra
5:30pm	<b>AQUA FIT</b> Karen		<b>AQUA FIT</b> Karen			

# GROUP EXERCISE CLASS DESCRIPTIONS



## AEROBIC CLASSES

**CYCLE** - The ultimate biking experience combined with high energy music for extra motivation. Reserve a bike up to 2 days in advance with the Service Desk.

**CYCLE INTERVALS** - A variety of drills and intervals make up this fun but challenging class, perfect for all fitness levels.

**SD KICKBOX** - Martial Arts and Self Defense techniques meet cardio interval training for an energetic total body workout. May include simple stick work.

**CARDIO POWER** - A fun and fast paced interval class using a variety of cardio and body weight strength moves for a complete full body workout.

**ZUMBA®** - An energetic, fun, FAST paced dance workout with exciting and unique Latin moves.

## SENIOR CLASSES

**BONES & BALANCE +** - Designed to include weight bearing activities which encourage development of muscle strength and power as well as promote dynamic balance to help maintain bone density and prevent falls in older adults.

**GENTLE YOGA** - Simple yoga poses modified using a chair.

**CARDIO FIT** - A variety of exercises including low impact aerobics along with weighted and resistance movements designed to increase muscular strength, range of movement and activity for daily living skills.

**CARDIO BALANCE** - A mix of low impact cardio activities along with a focus on balance and coordination exercises, perfect for all fitness levels.

## MIND & BODY

**CORE & FLEXIBILITY** - A class focused on core awareness, functional movement, and mindfulness, with an intention to bring balanced strength, flexibility and stability to the mind and body.

**VINYASA YOGA** - A fast-paced, fluid class linking breath and movement which promotes strength and flexibility.

**HATHA YOGA** - Gentle stretching and strengthening static poses to promote flexibility and relaxation.

**YOGALATES** - The dynamic stretching techniques of yoga combined with the core stabilization and strengthening of Pilates.

## STRENGTH & CONDITIONING

**STRENGTH** - Free weight and body weight training with low reps and high sets specifically designed to improve strength.

**POWER HOUR** - High energy workout that combines an easy, yet effective cardio routine interlaced with weights and resistance for total body conditioning.