

# Group Exercise Schedule

# August 2019

# Beaverton

Monday			
05:30a		BODYPUMP®	C Sonja
05:30a		Cycle & Sculpt	E Melanye
05:30a		Yoga Sculpt	D Karen
06:00a		Athletic Conditioning	MBC Colleen
08:30a	45	Cardio Step & Sculpt	C Stacey
08:30a		Cycle & Sculpt	E Melanye
09:15a		Athletic Conditioning	C Stacey
09:30a		Yin Yoga	D Amy
09:30a	75	Cycle & Sculpt 75	E Patty
10:00a		Aqua Athletics	ALP Melinda
10:30a		Mat Pilates	D Stacey
10:30a		Zumba®	C George
11:30a		Barre	D Emma
11:30a		Low-Impact Workout	C Cinnamin
12:30p		Athletic Conditioning	C Stacey
12:30p		Vinyasa Flow	D Judi
01:30p		STRONG®	C Nicole
04:45p	45	BODYCOMBAT®	C Kristin
05:30p	30	Begin to Cycle	E Colleen
05:30p	75	Advanced Yoga 75	D Judi
05:45p		BODYPUMP®	C Kristin
06:00p		Group Cycle	E Colleen
06:45p		Zumba®	C Brianne
07:00p		Stretch & Balance	TF Colleen
07:00p		Vinyasa Flow	D Judi
08:00p		BODYPUMP®	C Kjerstin
Thursday			
05:30a		Barre	D Melanye
05:30a		Group Cycle	E Herb
05:30a		Run Club	ML Colleen
06:30a	30	Stretch & Balance	D Colleen
08:30a	45	Cardio Step & Sculpt	C Stacey
08:30a		Group Cycle	E Herb
09:00a		Aqua Athletics	ALP Melinda
09:15a		BODYPUMP®	C Kai
09:30a	45	Athletic Conditioning	B Kim
09:30a		Barre	D Rachel
09:30a		Cycle & Sculpt	E Herb
10:00a		Gentle Aqua	ALP Melinda
10:15a		BODYCOMBAT®	C Kai
10:30a		Zumba®	B Emma
10:30a	75	Vinyasa Flow 75	D Amy
11:30a		Zumba Gold®	C Naoko
12:00p		Cycle & Sculpt	E Stacey
12:30p	30	Stretch & Balance	D Naoko
12:30p		BODYPUMP®	C Kai
01:30p		Barre	D Emma
04:00p	30	Zumba® Kids Jr. (4-6)	C Patty
04:30p	30	Zumba® Kids (7-12)	D Patty
05:00p		Athletic Conditioning	C Stacey
06:00p		Barre	D Stacey
06:00p		BODYATTACK®	C Alex
06:00p		Group Cycle	E Herb
07:00p		Aqua Zumba®	ORP Tyler
07:00p		U-Jam®	C Robert
07:00p		Vinyasa Flow	D Judi
07:15p		Group Cycle	E Herb
08:00p		BODYPUMP®	C Robert

Tuesday			
05:30a		BODYCOMBAT®	C Melanye
05:30a		Group Cycle	E Herb
08:45a	30	CXWORX®	C Casey
09:00a		Aqua Athletics	ALP Allison
09:15a		BODYPUMP®	C Kai
09:30a		Athletic Conditioning	MBC Patty
09:30a		Cycle & Sculpt	E Kim
09:30a		Vinyasa Flow	D Judi
10:15a		U-Jam®	C Nisi
10:30a		Barre	D Stacey
11:30a		Zumba Gold®	C Nancy
12:00p		Cycle & Sculpt	E Kai
12:30p	30	BODYPUMP® 30	C Kjerstin
01:00p	30	BODYCOMBAT® 30	C Kjerstin
01:30p		Zumba®	C Emma
04:00p	30	Zumba® Kids Jr. (4-6)	C Patty
04:30p	30	POP Pilates 30	C Casey
04:30p	30	Zumba® Kids (7-12)	D Patty
05:00p		Athletic Conditioning	C Stacey
05:00p		Gentle Yoga	D Courtney
06:00p	45	Basic Conditioning - Ages 8+	C Patty
06:00p		Cycle & Sculpt	E Stacey
06:45p		Zumba®	C George
07:00p		Aqua Zumba®	ORP Bu
07:00p		Group Cycle	E Robert
07:00p		Yin Yoga	D Amy
08:00p		U-Jam®	C Robert
Friday			
05:30a	30	Athletic Conditioning 30	C Melanye
05:30a		Group Cycle	E Colleen
06:00a	30	CXWORX®	C Melanye
06:30a	45	BODYPUMP® 45	C Alex
08:30a	45	Yoga Sculpt	C Stacey
08:30a		Barre	D Melanye
09:00a		Aqua Athletics	ALP Melinda
09:15a		Athletic Conditioning	C Stacey
09:30a		Cycle & Sculpt	E Kim
09:30a		Vinyasa Flow	D Karen
10:00a		Aqua Athletics	ALP Patty
10:15a	30	Stretch & Balance	C Stacey
10:30a		Mat Pilates	D Kim
11:00a		U-Jam®	C Nina
11:30a		Gentle Yoga	D Courtney
12:00p	30	POP Pilates 30	C Nina
12:00p		Group Cycle	E Patrick
12:30p		Restorative Yoga	D Courtney
12:30p		STRONG®	C Nicole
04:30p		BODYPUMP®	C Allison
04:45p	45	Basic Conditioning - Ages 8+	D Patty
05:00p		Cycle & Sculpt	E Stacey
05:30p		Restorative Yoga	D Ana
06:00p	30	Barre 30	C Stacey
06:30p		POP Pilates	D Nisi
06:45p		Zumba®	C Kai

Wednesday			
05:30a		BODYPUMP®	C Melanye
05:30a		Cycle & Sculpt	E Patrick
05:30a		POP Pilates	D Nisi
06:00a		Athletic Conditioning	MBC Colleen
08:30a	45	Mat Pilates	C Stacey
08:30a		Cycle & Sculpt	E Melanye
09:00a		Aqua Zumba®	ALP Tyler
09:15a		Athletic Conditioning	C Stacey
09:15a	75	Power Yoga 75	D Traci
09:30a		Cycle & Sculpt	E Melanye
10:15a		Cardio Step & Sculpt	C Stacey
10:30a		BODYFLOW®	D Rachel
11:30a		Low-Impact Workout	C Cinnamin
11:45a	30	Exercise for Tykes	D Rachel
11:45a	45	Group Cycle	E Stacey
12:30p		Athletic Conditioning	C Kai
12:30p		Yin Yoga	D Judi
01:30p		Zumba®	C Kai
04:30p	45	BODYFLOW® 45	D Kai
04:30p		POP Pilates	C Nina
05:00p	45	Basic Conditioning - Ages 8+	B Patty
05:00p		Cycle & Sculpt	E Patrick
05:15p	45	Barre	D Kai
05:30p		Aqua Athletics	ALP Allison
05:45p		BODYPUMP®	C Robert
06:00p		Group Cycle	E Colleen
06:00p		Vinyasa Flow	D Judi
06:45p		BODYCOMBAT®	C Allison
07:00p	30	Stretch & Balance	TF Colleen
07:00p		Yin Yoga	D Amy
08:00p		BODYPUMP®	C Nicole
Saturday			
07:15a		BODYPUMP®	C Allison
07:30a		Group Cycle	E Herb
08:15a		Restorative Yoga	D Shauna
08:15a		Zumba®	C Bu
08:45a		Aqua Athletics	ALP Allison
08:45a		Group Cycle	E Herb
09:00a		Athletic Conditioning	B Patty
09:15a		BODYPUMP®	C Melanye
09:30a	30	Exercise for Tots	D Ana
10:00a	30	Exercise for Tykes	D Ana
10:00a	75	Cycle & Sculpt 75	E Patty
10:15a	45	Athletic Conditioning	C Allison
10:30a		POP Pilates	D Nisi
11:00a		BODYCOMBAT®	B Allison
11:00a		GROOV3™	C Nina
11:30a	30	Baby Yoga	D Ana
11:30a	45	Family Cycle	E Herb
12:00p	30	Zumba® Kids Jr. (4-6)	C Patty
12:00p		Power Yoga	D Ana
12:30p	45	Youth Hip Hop (8-13)	B Patty
12:30p		STRONG®	C Emma
01:30p	45	Basic Conditioning - Ages 8+	C Patty
01:30p		Barre	D Emma
04:30p		Yin Yoga	D Shauna
Sunday			
08:00a		Group Cycle	E Herb
08:30a		Barre	D Brianne
09:00a	30	LES MILLS TONE™ 30	C Sonja
09:00a		Aqua Zumba®	ALP Tyler
09:15a		Group Cycle	E Herb
09:30a		BODYPUMP®	C Sonja
09:30a		Yin Yoga	D Shauna
10:15a		Cycle & Sculpt	E Patty
10:30a		Zumba®	C George
11:30a		Zumba Gold®	D Nancy
12:00p		Athletic Conditioning	C Patty
01:00p		BODYCOMBAT®	C Allison
01:30p		Vinyasa Flow	D Shauna
02:00p		Zumba®	C Kai
02:30p		Restorative Yoga	D Courtney
03:30p	45	Family Cycle	E Herb
03:30p	45	Family Yoga	D Courtney
04:30p		GROOV3™	C Lindsay
04:30p		Yin Yoga	D Shauna

B = Studio B	C = Studio C	D = Studio D	E = Studio E	ALP = Outdoor Adult Lap Pool
MBC = Main Basketball Court	ML = Main Lobby	ORP = Outdoor Rec Pool 2	TF = Training Floor	

- Group Exercise classes are included in your membership.
- Classes and sessions are 55 minutes unless otherwise noted.
- For courtesy and safety reasons, please be prompt for class.



- Open Studio: Studios C, D and E available for member use when class is not in session.

# GROUP EXERCISE CLASSES

Availability varies by location. Classes are 55 minutes unless otherwise noted.  
Some classes are offered in varying duration (check schedule for details).

## Advanced Yoga

Inversion, twisting, and balance poses to improve strength, flexibility, range of motion, and balance.

## Aqua Athletics

A fun low-impact workout in the water to improve strength, range of motion, and cardio fitness.

## Aqua Barre

Classic ballet moves in the water with a focus on alignment, core strength, and coordination.

## Aqua Pilates

Pilates in the water with props to build core strength and aid in proper body alignment.

## Aqua Zumba®

A blend of Zumba® and aqua fitness exercises in a safe and challenging water-based workout.

## Athletic Conditioning

Full-body intervals, circuits, and functional movements to improve cardiovascular endurance, strength, flexibility, power, speed, coordination, and agility.

## Baby Yoga (ages 6 weeks to crawling)

Bond with your baby through unique poses designed to enhance development.

## Barre

Not just for dancers! Full-body toning with a focus on movement, alignment, core strength, coordination, muscle building/lengthening, and balance.

## Basic Conditioning 8+

Enjoy a different circuit-style workout each week to increase your athletic skill and fitness. For all fitness levels.

## Begin to Cycle

Learn proper bike setup and terminology and enjoy a great cardio workout.

## BollyX

Bollywood-inspired dance fitness with dynamic choreography and intense workouts to upbeat international music.

## Bombay Jam

A cardio workout with basic, easy-to-follow dance moves to Bollywood and Top 40 tracks.

## Cardio Step & Sculpt

A challenging step class with choreography. You control the intensity.

## Cycle & Sculpt

Cycle and sculpt with us! Cardio, intervals, and strength and core training combine in this total-body workout.

## Exercise for Tots (crawling to 24 months)

Channel your tot's energy with standing, walking, sitting, and jumping activities.

## Exercise for Tykes

A class for you and your toddler to improve motor skills and attention span with songs, stories, and games.

## Family Barre 8+

A family class that will improve strength and flexibility with simple ballet, Pilates, and yoga moves.

## Family Cycle

For all levels, including KIDS who can reach the pedals! Learn safety, setup, and proper cycle etiquette.

## Family Yoga

Stretch and strengthen mind and body with your family in a light and inviting atmosphere.

## Gentle Aqua

Stretching, toning, walking, and light aerobics in the water to decrease your chance of injury.

## Gentle Yoga

Achieve focus and balance, and center yourself with non-strenuous and calming poses.

## GROOV3

DANCE, SWEAT & LIVE far beyond your workout in this dance party that doesn't feel like exercise!

## Group Cycle

An unpredictable, challenging ride focused on cadence, heart-rate zones, drills, climbs, and sprints.

## Hip-Hop Fusion

A super fun dance class with easy-to-follow choreography for all fitness levels.

## LES MILLS BARRE™

Bodyweight exercises and light weights to strengthen, sculpt, and tone your body. Dance experience not required. Ballet shoes or socks recommended but not required.

## LES MILLS BODYATTACK™

Build strength and stamina in this high-energy interval training class that combines athletic aerobic movements with strength and stabilization exercises.

## LES MILLS BODYCOMBAT™

Non-contact martial arts with karate, taekwondo, boxing, Muay Thai, capoeira, and kung fu moves.

## LES MILLS BODYFLOW™

Let the music center and calm you in this yoga, t'ai chi, and Pilates workout.

## LES MILLS BODYJAM™

Burn calories and get fit in this addictive fusion of the latest dance styles and hottest new sounds.

## LES MILLS BODYPUMP™

Full-body resistance training with barbells. The Rep Effect uses light weights and high repetition to improve strength and increase lean muscle.

## LES MILLS BODYSTEP™

Shape and tone your body in this energizing step workout using simple movements with muscle conditioning tracks.

## LES MILLS BORN TO MOVE™

*Ages 2-3, 4-5, 6-7, 8-12*

Classes designed to inspire young people to fall in love with physical activity.

## LES MILLS CXWORX™

Improve functional fitness of your abs, mid-section, and glutes in this short, sharp core workout.

## LES MILLS GRIT™

Athletic, Cardio, Strength  
High-intensity interval training.

## LES MILLS RPM™

Indoor cycling to music as you take on hills, flats, mountain peaks, time trials, and interval training.

## LES MILLS SH'BAM™

A fun, insanely addictive dance workout with an ego-free zone – dance experience not required!

## LES MILLS SPRINT™ (30 minutes)

Achieve results fast in this HIIT cycle class with bursts of intensity followed by periods of rest.

## LES MILLS TONE™

The optimal mix of strength, cardio, and core training to burn calories and improve fitness, strength, energy, flexibility, balance, and agility.

## Low-Impact Workout

Cardio, strength, balance, and coordination for the beginner athlete in YOU!

## Mat Pilates

Joseph Pilates mind/body exercises to improve body awareness, posture, strength, flexibility, and agility.

## PiYo

Pilates, yoga, strength conditioning, flexibility, and dynamic balance in an uptempo approach to mind/body exercise.

## POP Pilates

A total-body, equipment-free workout that combines Pilates with choreography and music to sculpt a solid core and lean dancer body.

## POUND® and POUND® for Kids 5-12

A full-body workout with Ripstix®, lightly weighted drumsticks, that transforms drumming into a fun and effective way of working out.

## Power Yoga

Energetic and dynamic vinyasa flows to build internal heat and improve stamina, strength, and flexibility.

## Restorative Yoga

Slow-paced and prop-supported poses to relax you and relieve chronic stress, weakness, and fatigue.

## Run Club (varies by location)

Meet us at the Fitness Advice Center for a pre-planned, staff-led group run for all fitness levels.

## Stretch & Balance

Gentle stretches for flexibility and range of motion and balance exercises for body awareness, coordination, and strength.

## STRONG®

High-intensity tempo training with bodyweight, muscle conditioning, cardio, and plyometric moves for a total-body workout.

## Tai Chi

Slow, focused movements and deep breathing to improve balance, agility, strength, and coordination.

## Tween Cycle

Make new friends as you ride to the rhythm of your favorite songs and play games on the bike!

## UJAM

Sweat and tone with easy-to-learn dance steps choreographed to high-energy music!

## Vinyasa Flow

Gain strength, flexibility, balance, and range of motion in poses synchronized to breath. For all skill levels.

## Yin Yoga

Work deep within your connective tissue to improve joint mobility and relieve stress while holding poses for longer periods.

## Yoga Sculpt

Yoga poses with light weights will sculpt and tone your body, boost metabolism, and increase strength.

## Youth Hip-Hop

Learn the fundamentals of hip-hop through flexibility exercises, isolations, rhythms, choreography, and footwork.

## Zumba®

Move your hips while burning calories and having a blast in this different, fun, and energetic class!

## Zumba Gold®

Just as fun as Zumba® but not as fast! Enjoy the same Latin music and dance steps as you move to the beat.

## Zumba® Kids

A high-energy class packed with specially-choreographed, kid-friendly routines, and music.

## Zumba® Toning

Body-sculpting exercises and high-energy cardio with Latin moves for a calorie-torching, strength-training dance-fitness party.