

# BEAVERTON HOOP YMCA

## GROUP EXERCISE

Effective October 1 - December 31, 2011

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:45AM	Cycle Joe	Group Power Steven	Cycle Joe	Group Power Steven	Cycle Joe		
7:00-7:55AM						Yoga Joe/Page	
8:00-8:50AM	Senior Fitness Sue	Zumba Gold Laura	Yoga Jim	Zumba Gold Laura	Senior Fitness Joanna	Cycle Joe/Paige	
					8:30 Gravity Dawn		
9:05-10:00AM	Group Active Tamera	Group Centergy Tamera	Group Power Ginny	Group Centergy Alice	Group Active Tamera		
	9:30-10:00 Matrix Circuit Sue		9:30-10:00 Matrix Circuit Sue		Cycle Dawn		
					9:30-10:00 Matrix Circuit Vickey		
10:05-11:00AM	Forever Fit Sue	Tai Chi Jim	Forever Fit Sue	Tai Chi Jim	Fall Prevention & Flexibility Sue/Staff		
	Cycle Dawn		Cycle Vickey				
11:05-12:00 PM		Senior Fitness Vickey	Boot Camp Dawn	Senior Fitness Sue	Sports Conditioning Tim		
12:05-1:00PM	Group Kick Mandy	Group Power Dawn	Group Kick Mandy	Group Power Ginny			
1:05-2:00PM	Strength & ROM Paige		Strength & ROM Paige				
<b>EVENING</b>							
5:05 - 6:00PM	Group Power Steven	(5:30) Gravity Tim		(5:30) Gravity Dawn			
6:05 - 7:00 PM	Zumba Vickey/Staff	Cycle Steven		Cycle Steven			



Beaverton Hoop YMCA  
 9685 SW Harvest Court  
 Beaverton, Oregon 97005  
 503-644-2191  
[www.ymca-portland.org](http://www.ymca-portland.org)

Hours:  
 Monday - Thursday  
 Friday  
 Saturday  
 Sunday

5:15am - 10:00pm  
 5:15am - 6:00pm  
 7:00am - 6:00pm  
 Closed

*\*Last Revised 9/21/11*

Class Descriptions	
<b>Boot Camp</b>	Not for the faint of heart! This intensely athletic workout challenges you to use your body weight and agility to improve your strength, speed, and response time. Prepare to sweat!
<b>Cycle</b>	Be prepared to sprint, climb, and sweat in this highly motivating stationary bike class. Water bottle and towel are required!

<b>Fall Prevention &amp; Flexibility</b>	Designed to help maintain balance and increase flexibility through strengthening and stretching techniques with a goal of reducing and ultimately preventing falls.
<b>Forever Fit</b>	Low-impact aerobics, strength, balance, strength, and core work all in one fun workout!
<b>Gravity®</b>	The GRAVITY System offers a variety of programs on the Total Gym GTS® mode using eight calibrated resistance levels, a rolling glideboard and dynamic cable pulley system. Gravity training offers strength, toning, power, and plyometric exercises for the lower and upper body. Please sign up as space is limited to 5 per class (30 minutes)
<b>Group Active®</b>	Activate your life! Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength, and improve your balance and flexibility. All in a supportive environment with motivating music and caring instructors.
<b>Group Centergy®</b>	Redefine yourself with Group Centergy. Grow longer and stronger as you explore this journey of yoga and Pilates movements. Positive, uplifting music, group dynamics, and supportive instructors will enable you to center your energy, reduce stress, and even smile.
<b>Group Kick®</b>	Kick, Punch and sweat into great shape with this fun cardiovascular workout. Guaranteed to knock out fat & calories!
<b>Group Power®</b>	This barbell program strengthens all of your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses, and curls, Group Power is for all ages and fitness levels.
<b>Senior Circuit</b>	This workout is done on the Matrix Weight machines upstairs in the cardio and weight machine section. Get a full body workout in timed intervals in our "circuit circle" as well as enjoying social time with other members. Supervised and run by our caring, knowledgeable staff.
<b>Senior Fitness</b>	Join this senior-focused exercise class that combines, strength, range of motion, cardio, and flexibility! (Chair option available)
<b>Sports Conditioning</b>	Get ready for your noon ball game or just the game of life. This workout incorporates strength, agility, balance and speed to make you a better player on the field and off.
<b>Strength &amp; ROM</b>	Come increase strength and Range of Motion (ROM) in a workout that caters to an Active Older Adult population. (Chair optional)
<b>Silver&amp;Fit™ Zumba Gold</b>	Join in this fun-filled, safe, and easy to follow Latin dance program created for the active older adult and appropriate for all fitness levels. Rhythms such as Merengue, Salsa, Cha Cha, Belly Dance, and Cumbia are simplified and broken down to emphasize the basics while creating a total body workout that is motivational, inspiring and fun.
<b>Tai Chi</b>	Taiji (more commonly known as Tai Chi) is a healing/martial art that combines many martial arts movements with Qi (energy) circulation, breathing, and stretching techniques.
<b>Yoga</b>	This class is designed to allow almost anyone to participate in a very gentle form of yoga. This class goes beyond typical yoga poses to incorporate quiet reflection, proper breathing, and posture.
<b>Zumba</b>	Dance your way to a fitter you with exciting and unique Latin and world music moves and rhythms. Fun for all! Join the party!

\*\* All classes are subject to change or cancellation in the event of low attendance \*\*

**Closures//Modified Hours/Interruptions in Service**

Event	Date	Time
<b>YMCA Basketball League</b>	24-Sept - 5-Nov	11:00AM - 8:00PM
<b>Hoop Elite Fall Classic Basketball Tournament</b>	19-Nov	CLOSED
<b>Thanksgiving Day</b>	24-Nov	7AM - 1PM
*Special Group Ex. Offerings TBA!		
<b>Member Appreciation Day</b>	15-Dec	9AM - 6PM
<b>West Coast Christmas Championships</b>	17-Dec	CLOSED
<b>Christmas Eve</b>	24-Dec	7AM - 1PM

**Upcoming Group Exercise Demos**

Event	Date	Time
<b>WillPower &amp; Grace®</b>	10-Oct	12:00PM - 1:00PM (Court # 2)
<b>WillPower &amp; Grace®</b>	14-Nov	12:00PM - 1:00PM (Court # 2)
<b>WillPower &amp; Grace®</b>	12-Dec	12:00PM - 1:00PM (Court # 2)

**Come Check out this full body workout...barefoot! A great low-impact alternative conditioning class that targets the mind, body, and spirit!**