

# Winter



## Eugene Group Exercise Schedule Effective December 5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	Cycle <i>Danielle</i>	Strength <i>Sandy</i>	Cycle <i>Danielle</i>	Strength <i>Sandy</i>	NEW! Vinyasa Yoga <i>Sadie</i>		
8:00 am	Pilates <i>Raina</i>	Smart Start <i>Carol</i>	Cardio Basics <i>Dawnaelle</i>	Tai Chi <i>David</i>	Stretch/Tone <i>Carol</i>	Hatha Yoga 8:10 <i>Sadie</i>	
9:00 am	Step & Strength <i>Robyn</i>	In Motion <i>Stacey</i>	Sculpt & Tone <i>Erin</i>	Drum wks 1&3 Cycle wks 2&4 <i>Carol</i>	Zumba <i>Jesse</i>	Kickbox 9:15 <i>Carol</i>	NEW! Cycle rotation
10:00 am	SilverSneakers® MSROM <i>Michie</i>	Senior Yoga <i>Carol</i>	Bones & Balance <i>Erin</i>	SilverSneakers® MSROM <i>Carol</i>	Yogalates <i>Erin</i>	Strength 10:15 <i>Teri</i>	
11:00 am	Cycle <i>Julia</i>	Drum Express <i>Carol (start 12/13)</i>	Cycle <i>Julia</i>	Vibronics <i>Vicki</i>	Cycle Express <i>Erin</i>	Zumba 11:15 <i>Jesse</i>	
11:35 pm		NEW! RIPPED express <i>Jackie/Erin</i>			NEW! HardCORE <i>Erin</i>		
12:10 pm	Zumba <i>Stacey</i>	Strength <i>Teri</i>	Zumba <i>Stacey</i>	Strength <i>Teri</i>	NEW! RIPPED <i>Janet</i>		
4:30 pm		Rhythmic Flow (start 1/10) <i>Michie</i>		Zumba Low <i>Raina</i>			Kundalini Yoga 4:15 NEW! <i>Kathe</i>
5:30 pm	NEW! Step <i>Jackie</i>	Vinyasa Yoga <i>Sadie</i>	Cycle <i>Carol</i>	Yoga <i>Glen</i>	NEW! Zumba <i>Stacey</i>		Zumba <i>Jesse</i>
6:30 pm	Core/lift <i>Teri</i>	NEW! Cycle <i>Teri</i>	Strength <i>Teri</i>	NEW! Cycle <i>Jackie</i>			
7:30 pm	Zumba <i>Jesse</i>						

5:45am	Aqua Fit <i>Karen</i>		Aqua Fit <i>Janet</i>				<b>Class Intensity Key</b> Low/Senior Moderate Mainstream
8:30am	NEW! Aqua RIPPED <i>Janet</i>		Aqua Fit <i>Michie</i>		Aqua Fit <i>Robyn</i>		
9:15am		Aqua Fit <i>Janet</i>		NEW! Aqua RIPPED <i>Janet</i>		Aqua Fit (9:15) <i>Janet/Michie</i>	
5:10pm	Aqua Fit <i>Michie</i>		Aqua Fit <i>Michie</i>				

Classes meet for 55 minutes unless otherwise specified.

Although classes are classified to meet specific levels, level modifications can be made!

Questions? Contact Erin Piibor, erinp@courtsportsac.com, Eugene Club 541-687-2255

## 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.

**Cardio Basics-** A simplified low impact cardio workout including a toning segment.

**Vibronics-** Enhance your equilibrium of brain, body and nervous system with this class, structured to assist people with movement challenges (MS, Parkinson's, etc).

**Senior Yoga-** Simple yoga poses modified using a chair.

**SilverSneakers® MSROM- Muscular Strength & Range of Movement** Increase muscular strength, range of movement and activity for daily living skills. A chair is used for seated and/or standing support.

**Smart Start-** An introductory strength training class created for people just starting group exercise.

**Stretch & Tone-** A variety of stretching and strengthening activities including yoga, dumbbells and stability balls.

## Mind & Body

**Pilates-** mind-body exercise using breath work to strengthen without adding excess bulk, focusing primarily on core stabilization.

**Tai Chi-** non-aggressive martial arts using slow, smooth movement patterns to increase flexibility, coordination, strength and balance.

**Yoga-** A dynamic stretching and strengthening method which promotes flexibility and focuses on breath and relaxation.

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

**Kundalini Yoga-** An all level breathing and meditation mantra style class that enables us to harness the energy of the mind and the emotions so we can be in control of ourselves.

## Aerobic Classes

**Cardio Basics-** A simplified low impact cardio workout coupled with a toning segment.

**Cycle-**The ULTIMATE indoor biking experience combined with high energy music for extra motivation. Reserve a bike in advance with the service desk.

**Cycle Plus-** A high energy all level indoor cycling class followed with core and stretching exercises set to energizing and fun music.

**Drumming-** High intensity cardio drumming onto stability balls for a full body workout.

**Kickbox-** Martial Arts and Self Defense techniques meet cardio interval training for an energetic total body workout.

**In Motion-** A combination aerobic, yoga and core strengthening class.

**Step-** The cardio workout that provides a variety of impact and intensity options using a stepping

**Rhythmic Flow-** A gentle and slow rhythmic blend of martial arts, dance and muscle control.

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

## Strength & Conditioning

**HardCORE-** An endurance based class that focuses primarily on strengthening and toning the core stabilizing muscles to increase performance and improve posture.

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

**Power Yoga-** A vigorous vinyasa flow style yoga emphasizing strength and endurance.

**Strength and Sculpt-** A variety of strengthening, sculpting, conditioning, cardiovascular, and stretching exercises for a total body workout.

**R.I.P.P.E.D-** High energy workout that masterfully combines an easy, yet effective cardio routine interlaced with weights and resistance.