

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 - 6:00 am Gut Busters Sue	5:00 - 6:00 am Group Cycling Heidi	5:45 - 6:00 am Gut Busters Sue	5:00 - 6:00 am Group Cycling Jennifer	5:45 - 6:00 am Gut Busters Sue	
6:00 - 6:45 am Cardio X-Treme Sue		6:00 - 6:45 am Cardio X-Treme Sue		6:00 - 6:45 am Cardio X-Treme Sue	
8:00 - 8:55 am Easy Does It Aerobics - Leslie	8:00 - 8:55 am Easy Does It Toning - Juli	8:00 - 8:55 am Easy Does It Aerobics - Leslie	8:00 - 8:55 am Easy Does It Toning - Juli	8:00 - 8:55 am Easy Does It Aerobics - Leslie	
9:00 am Beginners Running Club	8:00 - 8:45 am Continuing Tai Chi Barb	9:00 am Running Club	8:00 - 8:45 am Continuing Tai Chi Barb		
9:00 - 9:55 am Advanced Step Michelle	**8:45 - 9:30 am Beg Tai Chi/Intro Workshop - Barb	9:00 - 9:55 am Advanced Step Michelle	8:45 - 9:30 am Beginning Tai Chi Barb	9:00 - 9:55 am Advanced Step Michelle	9:00 - 9:55 am Advanced Step Michelle
9:00 - 10:30 am Yoga Tricia	9:00 - 10:00 am Step Leslie	9:00 - 10:30 am Yoga Tricia	9:00 - 10:00 am Step Leslie	9:00 - 10:30 am Yoga Tricia	9:30 - 10:45 am Yoga Shasta/Kaethe
9:30 - 10:30 am ZUMBA Kristin	9:30 - 11:00 am Yoga Tricia	9:30 - 10:30 am ZUMBA Abraham	9:30 - 11:00 am Yoga Tricia	10:00 - 11:00 am Easy Does It Aerobics - Leslie	10:05 - 11:05 am Group Cycling Sherry
10:00 - 11:00 am Easy Does It Aerobics - Leslie	11:00 am - 12:00 pm Aqua ZUMBA Autumn	10:00 - 11:00 am Easy Does It Aerobics - Leslie	11:00 am - 12:00 pm Aqua ZUMBA Abraham		<p>ZUMBA meets in the gym</p> <p>Yoga and Tai Chi meet in the Mind - Body Room</p> <p>Running Clubs meet in the Lobby</p> <p>** Intro To Tai Chi Workshop is held the first Tuesday of each month</p> <p>*The 3:00-4:00 Beginning Tai Chi class meets at the Medford Congregational Church on 1801 E. Jackson</p>
11:15 - 11:55 am Group Cycling Jessie	12:10 - 1:00 pm Core and More Jeni	11:15 - 11:55 am Group Cycling Jessie	12:10 - 1:00 pm Core and More Jeni	12:10 - 12:55 pm Group Cycling Autumn	
12:10 - 1:15 pm Power Hour Cycling - Jeni	2:00 - 3:00 pm Core and More Jeni	12:10 - 12:55 Group Cycling Kristin	2:00 - 3:00 pm Core and More Jeni		
*3:00 - 4:00 pm Beginning Tai Chi Barb			*3:00 - 4:00 pm Beginning Tai Chi Barb	3:30 - 5:00 pm Restorative Yoga Tricia	
5:30 - 6:30 pm Step Trudy	5:15 - 6:30 pm Yoga Tom	5:30 - 6:30 pm Step Trudy	5:15 - 6:30 pm Yoga Shasta		
5:30 - 6:30 pm Pilates Kristin	5:30 - 6:30 pm ZUMBA Autumn	5:30 - 6:30 pm Pilates Heidi	5:30 - 6:30 pm ZUMBA Abraham	5:30 - 6:30 pm ZUMBA Heidi	
6:45 - 7:45 pm Turbo Kick Shandra	6:45 - 7:45 pm ZUMBA Toning Abraham	6:45 - 7:45 pm Turbo Kick Shandra	7:00 - 8:00 pm Cardio Belly Dance Tiazza	7:00 - 8:00 pm Hip Hop Dance Greg	



Kids' Classes

Tue 11:15 - 11:45 am: Movement and Music - Yumi
Thur 11:00 - 11:30 am (ages 1-3): Tumble Tots - Shannon
Thur 11:30 - 12:00 pm (ages 4-6): Tumble Tots - Shannon
Tue and Thur 4:00 - 7:00 pm: Open Climb - Jade
Tues and Thurs 2:00 - 4:00pm: Home School PE

See Program Guide for more info



Aqua ZUMBA

Join the “Pool Party” workout! Aqua ZUMBA combines dance moves and music with the buoyancy of water exercise. All fitness levels welcome.

Advanced Step

This class incorporates complex choreography and combinations into the advanced step routines. Strengthen cardio and improve muscular endurance with this challenging class.

Beginning Tai Chi

Introduction to the 2,000 year old Chinese martial art that uses slow, rhythmic, balance and strength building movements to enhance overall health. Time and attention are given as the moves are taught at an individualized pace.

Cardio Belly Dance

This very popular, ancient dance is a total body workout. Please wear loose clothing and bring a scarf or shawl to class. All ability levels are welcome, especially beginners.

Cardio X-Treme

A combination of step, floor, interval training and kick boxing. Guarantees a great start for the rest of your day! All fitness levels welcome.

Continuing Tai Chi

This class is for students who have learned the basics of the Beginning Tai Chi class. The focus of this class is continuing and improving the movements.

Core and More

You will see results quickly with this intense workout. Use the stability ball and other fitness modalities to strengthen your core abdominal and low back muscles. You will also perform exercises to strengthen your entire body including squats, lunges, push-ups and plyometric exercises.

Easy Does It Aerobics

All fitness levels welcome and encouraged to work at their own pace using moderate and uncomplicated routines. 30 minutes of low impact exercises, 20 minutes of abs, stretching, and circuit training exercises add the perfect balance of intensity for all participants.

Easy Does It Toning

Progressive exercises that stretch and strengthen all major muscle groups while promoting balance. Participants will be ready to graduate to the fitness center for more advanced circuit training exercises after taking this class.

Group Cycling Classes /Power Hour Cycling

These classes are designed to burn calories and motivate you to reach your health and fitness goals. Group Cycling combines music and cycling to elevate your heart rate and make you sweat! Power Hour is an hour long extended class.

Gut Busters (15 min class)

Develop a solid core by strengthening your lower back and abdominal muscles. You will learn proper techniques, a modification for every exercise and effective stretching.

Intro to Tai Chi Workshop

Learn the basics and opening moves of this healthful balance, flexibility and strength practice. The 8:45-9:30 am session on the first Tuesday of each month will be devoted to a group workshop for beginners. Come on the first Tuesday and join other beginners in learning this beautiful practice in the Mind-Body room.

Hip Hop Dance

You will learn the basic moves of hip hop then add your own flare to make the moves your own. Have fun, get some exercise and express yourself. All abilities welcome.

Pilates

Through a series of precise movements and focused breathing you will lengthen, strengthen and tone muscles. You will also reduce stress and work towards improved posture and a longer, leaner body.

Restorative Yoga

Restorative yoga is a gentle style of yoga ideal for older adults, persons recovering from injury, and athletes needing increased mobility. Using poses that are designed to free up stiff joints and muscles, this is a great way to end your week.

Running Club/Beginners Running Club

This club is designed for runners to join together for a fun and social run. The pace, course and length of the run is based on the participants level of fitness. No need to register, just wear your running shoes and meet in the lobby. Or stop by the fitness office for more info.

Step

This program focuses on cardiovascular and muscular endurance. You will learn the basic step moves as they are blended into choreographed routines. All fitness levels welcome.

Turbo Kick

This workout has the FUN factor! Turbo Kick combines high energy kickboxing and dance moves choreographed to motivating and fun music. If you are looking for a unique and challenging cardiovascular workout, give Turbo Kick a try.

Yoga

Using the Anusara principles of alignment and a thorough understanding of biomechanical principles, coupled with the Pilates instruction of core work, the instructor will work your body deeply toward strength and healing.

ZUMBA

Ditch the Workout – Join The Party! ZUMBA has easy to follow dance moves and routines. ZUMBA features interval training sessions where fast and slow rhythms are combined to tone your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA!

ZUMBA Toning

ZUMBA Toning combines targeted body sculpting exercises and Latin infused ZUMBA moves to create a calorie torching, strength training dance fitness party.

Kids' Classes

Movement and Music (ages 1+)

Join us for singing, dancing, stories, rhymes, and music-making. Parents required to attend.

Tumble Tots (ages 1+)

Children will playfully leap, skip, somersault, and climb their way to better coordination, balance and self confidence.