

Winter Group Exercise Calendar 2018

START	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 a.m.	Stability Balls BKC		Stability Balls BKC			
8:30 a.m.	Yoga for Health AAC		Yoga for Health AAC			
8:45 a.m.	Active Exercise AAC		Active Exercise AAC		Active Exercise AAC	
9 a.m.	Strength and Flexibility BKC	Gentle Exercise for Wellness AAC	Strength and Flexibility BKC	Gentle Exercise for Wellness AAC		Saturday Cycle AAC
9:45 a.m.			Strong Bones, Strong Body AAC		Strong Bones, Strong Body AAC	
10 a.m.	Yoga for Health AAC	Intro to Weight Training BKC	Yoga for Health AAC	Intro to Weight Training BKC		Zumba AAC
		Gentle Exercise for Wellness AAC		Gentle Exercise for Wellness AAC		
10:30 a.m.	Tai Chi: Moving for Better Balance BKC	FunFit: Functional Fitness BKC	Tai Chi: Moving for Better Balance BKC	FunFit: Functional Fitness BKC		
11 a.m.		Tai Chi: Level 1 AAC	Better Bones and Balance AAC	Tai Chi: Level 1 AAC	Better Bones and Balance AAC	Flow Yoga AAC
12 p.m.		MELT BKC		MELT BKC		
		Tai Chi: Level 2 AAC		Tai Chi: Level 2 AAC		
1:30 p.m.		SilverSneakers® Classic BKC		SilverSneakers® Classic BKC		
		Strong Bones, Strong Body BKC		Zumba Gold AAC		
4:30 p.m.	Qigong AAC		Qigong AAC			
	P90X M		P90X M			
4:45 p.m.	Cycle AAC		Cycle AAC			
5 p.m.		PiYo R		Core De Force R		
		Gentle Yoga C		Gentle Yoga BKC		
5:30 p.m.	Dance Fitness BKC	Pilates AAC	Dance Fitness BKC	Beginning Yoga AAC		
	Cycle AAC	Zumba BKC	Cycle AAC	Zumba AAC		
	Evening Yoga AAC	Nia AAC	Evening Yoga AAC	Nia BKC		
		Women's Weight Training BKC				
6:30 p.m.	Evening Yoga AAC		Evening Yoga AAC			

Get the ALL-ACCESS Fitness Pass and attend all group exercise classes for FREE!

Group exercise classes are also included in Corporate and Silver Benefits passes.

Classes run 50-55 minutes unless otherwise stated in class description.

For more information on classes and pricing, see our Winter Recreation Guide, pages 46-51.

Willamalane Facilities:

AAC
Adult Activity Center
215 W. C St.

BKC
Bob Keefer Center
250 S. 32nd St.

WP
Willamalane Park
1276 G St.

Elementary Schools:

C: **Centennial**
M: **Maple**
R: **Ridgeview**

541-736-4544 • willamalane.org



Group Exercise Classes

Active Exercise: Realize your fitness goals with moderate aerobics, resistance training, stretching, flexibility and strength building through both weight and bodyweight exercises.

Baby Boot Camp® Stroller Fitness: 60-minute stroller fitness class caters to moms of all fitness levels: pregnant moms, new moms, and moms with one or more stroller-aged children.

Beginning Yoga: For beginners or for those just returning to practice, this class increases flexibility and body awareness.

Better Bones and Balance: Enjoy floor exercises and strength-building routines in a program designed to help prevent osteopenia and osteoporosis.

Core De Force: You'll move through rounds of fighting combinations, bodyweight moves and cardio spikes. Kick and sweat at your own pace.

Dance Fitness: Go all out with a combination of dance and fitness moves for serious fun and fitness. Dance yourself fit to pop, jazz, Latin, jive, Bollywood and more!

Flow Yoga: Get fit and strong with a vinyasa, or "flow," yoga class that gets your heart rate up while strength training.

Fun Fit: Functional Fitness: Focus on major muscle groups and core to improve reflexes and balance. Learn to align your body during everyday activities that will help you move and feel better!

Gentle Exercise for Wellness: Enjoy exercise techniques that increase flexibility, strength and mobility. Great for stretching, rotating joints and improving oxygen flow; especially helpful for arthritis.

Gentle Yoga: Increase flexibility, lower stress and improve body alignment with this form dedicated to your best body.

Indoor and Saturday Cycle: Indoor cycling burns the most calories per minute of any group exercise class. Challenge yourself or work at your own pace. Space is limited; first come, first served. *Indoor Cycle starts 1/22; Saturday Cycle starts 1/13.*

Intro to Weight Training: In this comprehensive introduction learn about equipment, lifting techniques and get tips on modifying your workout to your individual needs.

MELT: Using compression and lengthening techniques to help you get out and stay out of chronic pain. Come and improve your balance, stability and health through this form of self-massage.

Nia: A low-impact exercise class; this class blends cardio aerobics, martial arts, dance and tai chi. Build bone density and enhance balance with new moves.

Pilates: Pilates is a core-blasting bodyweight class that uses both standing and mat movements to stretch, strengthen and train your core.

PiYo: PiYo is a high-intensity, low-impact workout by taking the very best of Pilates and yoga-inspired moves and add cardio, strength, balance and flexibility training.

P90X LIVE: P90X® LIVE is a group-focused total-body strength and cardio class that incorporates proven principles from personal training and functional strength coaching.

Qigong (pronounced "chee-gong"): A form of moving meditation for any fitness or ability level. Qigong can help you improve energy, circulation, loosen joints, and tone muscles.

SilverSneakers® Classic: Move to the music through exercises designed to increase strength, range of movement and activities for daily living. A chair is available if needed.

Stability Balls: Improve strength with incorporating resistance bands, light dumbbells, and body weight exercises with the stability ball. BYOB — bring your own ball!

Strength and Flexibility: Utilizing resistance and body-weight exercises you will get a whole body workout in this class.

Strong Bones, Strong Body: Exercises are based bone research and can be adjusted to your ability level. Those diagnosed with osteoporosis or osteopenia are strongly encouraged to attend.

Tai Chi: Level 1-Short Form/Tai Chi Level 2- Long Form: Tai chi can help you reduce pain and inflammation, increase joint mobility, improve balance, prevent falls and develop mental focus.

Tai Chi: Moving for Better Balance: This program is designed to improve balance and strength. Movements adhere to fundamental principles of tai chi.

Women's Weight Training: Designed just for women, learn about weight machines, free weights, lifting techniques, setting goals and building lean muscle in a positive and supportive environment. *Starts 1/23.*

Yoga: Yoga for all levels. Free your body and mind from stress while increasing strength and energy.

Yoga for Health: Explore ancient yoga poses and discover how they can help improve strength, flexibility and balance. Reduce pain and improve joint health through this classic yoga practice.

Zumba: Latin dance meets fitness in this cardio-blast workout. This interval class gives you time to catch your breath before pulling you back into the groove and pumping up the cardio. *Tuesday class starts 1/16.*

Zumba Gold: Enjoy a gentle, low-impact version of this dance-inspired fitness program.