

Beaverton Family YMCA

Winter Schedule

EFFECTIVE February 1, 2010

GROUP FITNESS

TIME	MON	TUE	WED	THU	FRI	SAT
8:00-8:55 am	SilverSneakers® Cardio Circuit Dawn	Group Active Peggy	SilverSneakers® Cardio Circuit Mary	New Silver&Fit® Zumba Gold Vickey	SilverSneakers® Cardio Circuit Vickey	New Silver&Fit®Level 2 (45 minutes) Mary
9:00-10:00 am	Sculpt & Strength Tamera	Group Centergy Mary	Group Power Cheri	Group Centergy Peggy	Group Active Debbie	Zumba Aylin
10:05-11:00 am	Group Step Ginny	Tai Chi (50 minutes) Jim	Group Step Cheri	Tai Chi (50 minutes) Jim	New Pilates Jessica	Group Power Ginny
11:05-12:00	Forever Fit Sue	SilverSneakers® Cardio Circuit Vickey	Forever Fit Sue	SilverSneakers® Cardio Circuit Sue	Stretch Sue	Group Centergy (11:15) Ginny
12:05-1:05 pm	Group Power Cheri	New Group Centergy Tamera	Group Kick Cheri	Group Centergy Michelle	Group Power Cheri	
1:30-2:30 pm	SilverSneakers® MSROM Dawn	Yoga I Rachel	SilverSneakers® MSROM Staff	Gentle Yoga Jim	SilverSneakers® MSROM Staff	
5:00 - 5:55 pm	Group Kick Mandy	Group Power Ginny	New Group Active Aylin	Group Power Cheri		New Evening Schedule!
6:00 - 7:00 pm	Group Centergy Michelle	Zumba Stacy	Group Centergy Tamera	Group Kick Cheri	** Ballroom Classes moved to basketball gym - Monday and Wednesday eves	

CYCLE

TIME	MON	TUE	WED	THU	FRI	SAT
5:45 - 6:30 am	Cycle Heidi	New	Cycle Heidi			
9:00 - 9:45 am		Group Ride Mandy	New		Cycle Tamera	Cycle - 1 hour Heinz
10:05-10:50 am	Cycle Melanie		Cycle Melanie			
12:00 - 1:00 pm		Cycle Melanie		Cycle Melanie		
6:00-6:45 pm	Cycle - 1 hour MacKenzie		Cycle - 1 hour MacKenzie		All Cycle Classes are 45 minutes unless otherwise indicated	

AQUA

TIME	MON	TUE	WED	THU	FRI	SAT
8:00-8:45 am		SilverSplash® Dawn		SilverSplash® Dawn	All Aqua Classes are 45 minutes	
9:00-9:45 am	Aqua Fit Aylin	Aqua Fit Dawn	Aqua Fit Mary	Aqua Fit Dawn	Aqua Fit Sue	Aqua Circuit Dawn

Child Watch Hours
Mon-Fri 8:45am-1:30pm
Mon-Thur 5 pm-8pm
Sat-8:45am-12:30pm

Facility Hours
Mon-Fri 5:30 am-9 pm
Sat & Sun 7am-7pm



Beaverton Family YMCA
4925 SW Griffith Drive
Beaverton, OR 97005
503-644-3900

ALL CLASSES ARE SUBJECT TO CHANGE OR CANCELLATION IN THE EVENT OF LOW ATTENDANCE

Class Descriptions

Aqua Fit - A moderate to intense water workout designed for those who would like to add variety to his or her daily fitness program.

Cycle - Be prepared to sprint, climb, and sweat in this highly motivating stationary bike class. **Water bottle and towel are required.**

Duathlon - Bike/Run - Combine two high-intensity cardiovascular workouts into one super calorie burner that will give your legs the ultimate workout! 30 minutes of cycling followed by 30 minutes of walking/running and stretches. Bring running shoes!

Forever Fit - This class offers low impact aerobics, balance exercises, abdominal work, and stretching.

Gentle Yoga - A class designed to allow almost anyone to participate in a very gentle form of yoga. **The chair can replace the yoga mat** for people who have difficulty doing floor exercises. This class goes beyond typical yoga poses to incorporate quiet reflection, proper breathing, and posture.

Group Active - Activate your life in only one hour! 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.

Group Centergy - Redefine your self with Group Centergy. Grow longer and stronger as you explore this 60-minute 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.

Group Power - This 60-minute 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.

Group Step - Discover new heights! Utilizing the step in many positions and heights, this compelling 60-minute cardio program strengthens and shapes the lower body one step at a time. Step this way!

Yoga I - Increase your flexibility while relaxing your body, mind, and spirit. All levels are welcome, and beginners are encouraged to attend.

Pilates - This mat workout is based on techniques by Joseph Pilates. Focusing on core strength, body alignment, and muscle balance, it is a great workout for beginners as well as advanced exercisers.

Sculpt and Strength - Get toned and get strong with this fabulous functional strength workout utilizing dumbbells and other tools. An *intense* total body workout!

SilverSneakers® Muscular Strength and Range of Movement (MSROM) - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers® Cardio Circuit - Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching, and relaxation in a comfortable position.

SilverSneakers® SilverSplash - SilverSplash utilizes the physical properties of the water to increase agility, range of motion, and cardiovascular conditioning. Instructors will utilize the SilverSplash kickboard to help participants develop strength, balance, and coordination for a format that is safe, fun, and effective. No swimming ability is required for participants to get wet, be strong, and meet new friends in SilverSplash!

Sculpt and Strength - 60 minutes of fat-burning strength training utilizing dumbbells, bands, and ball. All ages and fitness levels, are welcome, but come prepared to *sweat*!

Tai Chi - 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.

Total Body Strength - 60 minutes of energy-packed strength training, utilizing weights, bands, and ball. TBS is for all ages and fitness levels.

Zumba - Dance your way to a fitter you with exciting and unique Latin moves and rhythms.