



# GROUP EXERCISE SCHEDULE

*\*all classes included in membership except where noted*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>YOGA FLOW</b> 7:30 am Kria		<b>YOGA FLOW</b> 7:30 am Kria		<b>YOGA FLOW</b> 7:30 am Kria	
<b>CARDIO FUSION</b> 8:30 am Eva	<b>L.I.F.T. &amp; BALANCE</b> 8:30 am Lordean	<b>CARDIO FUSION</b> 8:30 am Gina	<b>L.I.F.T. &amp; BALANCE</b> 8:30 am Lordean	<b>BEGINNER MAT PILATES</b> 8:30 am Josie	<b>ZUMBA</b> 8:30 am Eva
<b>CARDIO FUSION</b> 9:30 am Gina	<b>MAT PILATES</b> 9:30 am Josie	<b>CARDIO FUSION</b> 9:30 am Gina	<b>MAT PILATES</b> 9:30 am Josie	<b>CARDIO FUSION</b> 9:30 am Gina	<b>Hatha YOGA</b> 9:30 am Kria
<b>L.I.F.T. &amp; BALANCE</b> 10:30 am Gina	<b>ZUMBA TONING</b> 11:00 am Kristen	<b>L.I.F.T. &amp; BALANCE</b> 10:30 am Eva	<b>ZUMBA TONING</b> 11:00 am Kristen	<b>QIGONG</b> 10:45 am Bryan	
<b>YOGA</b> 1:00 pm Deb	<b>ZUMBA GOLD</b> 2:00 pm Kristen	<b>YOGA</b> 1:00 pm Deb	<b>BEGINNER TAI CHI</b> 1:45 pm Bryan	<b>YOGA</b> 1:00 pm Deb	
<b>CHAIR YOGA</b> 2:00 pm Deb	<b>TRANSITIONAL YOGA</b> 3:00 pm Kria	<b>CHAIR YOGA</b> 2:00 pm Deb	<b>INTERMED. TAI CHI</b> 3:00 pm Bryan	<b>CHAIR YOGA</b> 2:00 pm Deb	
<b>ZUMBA</b> 4:30pm Eva	<b>ADVANCED TAI CHI</b> 4:00pm Bryan <b>FEE</b>	<b>Barre</b> 4:30 pm Melinda	<b>TRANSITIONAL YOGA</b> 4:00 pm Kria		
<b>BOOTCAMP</b> 5:30pm Rotating Gerard <b>FEE</b>	<b>TOTAL BODY POWER</b> 5:30PM Victoria	<b>BOOTCAMP</b> 5:30 pm Melinda <b>FEE</b>	<b>TOTAL BODY POWER</b> 5:30PM Victoria		

**Active Wellness Center Kruse Woods**

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## Class Descriptions

**Better Bones & Balance:** Fall prevention is critical to good health and longevity. BBB is designed to gradually build strength, increase bone density to prevent fractures, and improve balance to help you feel more stable and confident on your feet. Fee-based class.

**Boot Camp:** A small-group, fee-based class for up to 10 people, focused on anaerobic conditioning and strength using bodyweight and equipment, with weekly changing high-intensity intervals, designed for those accustomed to vigorous exercise. Fee-based class.

**Barre:** A low-impact workout that combines ballet-inspired moves with Pilates and strength training to improve flexibility, posture, and muscle tone. This class uses small, controlled movements to build strength and balance.

**Cardio Fusion:** This intermediate-level, total body workout combines aerobic conditioning and strength training using steps, free weights, resistance tubing, and bodyweight to improve alignment, core stability, muscle integration, and balance.

**L.I.F.T. (Low Impact Functional Training) & Balance:** Boost functional fitness with this full-body workout, combining cardio, strength, flexibility, and balance. Perfect for beginners or those returning to exercise.

**Beginner Mat Pilates:** Work through classical Pilates movements, with sequences that build strength and improve flexibility. The focus is on slow, strong holds, with frequent stretch breaks.

**Mat Pilates:** Strengthen and realign important postural power muscles in this uniquely challenging class that also sharpens mindbody focus. Balance, flexibility and coordination improve as you strengthen your core and work to correct muscle imbalances. Suitable for beginners as well as more advanced exercisers.

**Total Body Power:** Energize your mind and body with a variety of resistance equipment to build lean muscle and cardio strength through traditional and functional training in this fun interval class. End with a head-to-toe, rejuvenating stretch.

**Qigong:** Qigong is an ancient Chinese practice that combines meditation, breathwork, and movement to reduce stress, boost energy, and support healing.

**Tai Chi:** Class is taught in a relaxing and meditative environment where all postures are done at a slow and controlled pace. Tai Chi forms will help improve balance and flexibility, while promoting relaxation, mental focus and overall good health.

**Chair Yoga:** This class incorporates traditional yoga poses and strength movements while seated in a chair. Class is designed for those unable to stand for extended periods of time and/or people unable to move from standing to seated positions on the floor.

**Transitional Yoga:** This class bridges Chair and Mat Yoga, enhancing balance, stability, and flexibility through essential movements like single-leg balancing and squatting.

**Yoga:** This mixed level class moves through sun salutations, standing poses, balance poses and seated stretches to get blood and energy moving throughout the body. We will work on full body strength and flexibility and focus on connecting movements to the breath. This class is open to all levels and offers modifications.

**Yoga Flow:** This class blends floor and standing postures with breathwork to create the “flow” of yoga. Moving from one pose to the next, you will build strength and balance, improve flexibility and alignment, and leave feeling energized!

**Hatha Yoga:** Focuses on physical postures, breathing techniques, and meditation to balance the mind and body, emphasizing proper alignment and mindful breathing for overall well-being.

**Zumba Toning:** Experience energetic Zumba dance moves with strength training using lightweight toning sticks. This dynamic workout targets arms, core, and lower body, boosting calorie burn and muscle definition. Suitable for all fitness levels, join us to shake, sculpt, and sweat your way to a fitter you!

**Zumba** is a high-energy dance fitness class that combines Latin and international rhythms with fun, easy-to-follow movements. It offers a full-body workout that improves cardio, coordination, and mood in an upbeat, party-like atmosphere.

**Zumba Gold** is a fun, low-impact dance fitness class designed for active older adults, beginners, or anyone looking for a modified Zumba experience with easy-to-follow moves and uplifting music.