

Beaverton Family YMCA

Summer Schedule

EFFECTIVE June 1, 2009

GROUP FITNESS

TIME	MON	TUE	WED	THU	FRI	SAT
5:45-6:45 am		Group Power Debbie		Group Power Debbie		WEEKEND
8:00-8:55 am	SilverSneakers® Cardio Circuit Mary		SilverSneakers® Cardio Circuit Melissa		SilverSneakers® Cardio Circuit Melissa	
9:00-10:00 am	New! Sculpt & Strength Tamera	Group Centergy Mary	Group Power Melissa	Group Centergy Peggy	Group Active Debbie	Zumba Aylin
10:05-11:00 am	Group Step New Time! Ginny	Tai Chi Jim	Group Step New! Cheri	Tai Chi Jim		Group Power Ginny
11:05-12:00	Forever Fit Sue	SilverSneakers® Cardio Circuit Vickey	Forever Fit Sue	SilverSneakers® Cardio Circuit Sue	Stretch Sue	
12:05-1:05 pm	Group Power Debbie	Pilates Judy	Group Kick Cheri	Centergy Dawn	Group Power Cheri	
1:30-2:30 pm	SilverSneakers® MSROM Judy	Hatha Yoga John	SilverSneakers® MSROM Judy	Gentle Yoga Jim	SilverSneakers® MSROM Judy	
4:30-5:30 pm		Group Power Ginny	Ultimate CrossTrain Class has fee	Group Power Cheri		
5:35-6:30 pm	Group Kick Mandy	Zumba Stacy	Kid's Ballroom Class has fee	Group Step Cheri		
6:35-7:35 pm	Ballroom Class has fee	Group Centergy Melissa		Group Centergy Michelle		

CYCLE

TIME	MON	TUE	WED	THU	FRI	SAT
9:00 - 9:45 am					Cycle Heinz	Cycle Heinz - 1 Hour Ride
10:05-10:50 am	Cycle Mary		Group Ride Ali			
12:00 - 1:00 pm		New! Super Summer Duathlon! Mary (starts June 9)				
5:45 - 6:00 pm		Group Ride Ginny				
6:00-6:45 pm	Cycle Melanie		Cycle Tamera			

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 Dawn	Aqua Fit Dawn	Aqua Fit Mary	Aqua Fit Dawn	Aqua Fit Sue	Aqua Circuit Dawn
10:00-10:45 am	SilverSplash® Aylin		SilverSplash® Vickey			

Child Watch Hours

Mon-Fri 8:45am-1:30pm
Mon-Thur 4pm-8pm
Sat-8:45am-12:30pm

Facility Hours

Mon-Fri 5am-10pm
Sat & Sun 7:30am-8pm



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.

Core Pilates - An active, Pilates-based workout that will have you feeling longer, stronger, and leaner through a series of flexibility and core strengthening exercises.

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

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 Ride - Pedal in groups, ride over hills, chase the pack, climb mountains, and spin your way to burning calories and strengthening your lower body. This 60-minute cycling program is geared for anyone who can ride a bike. Ride on!

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!

Hatha Yoga - 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 gall 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!

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

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.