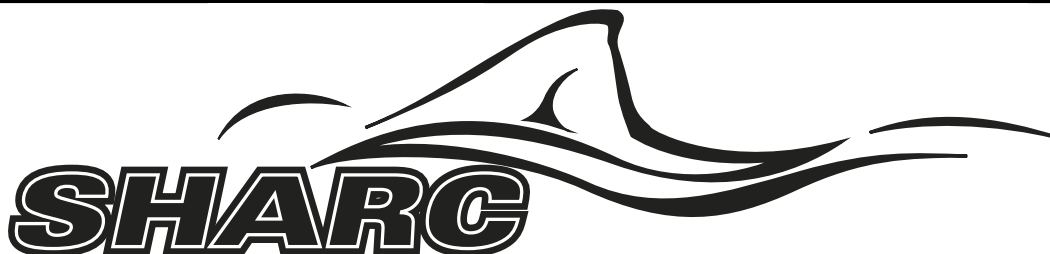




## Group Exercise Schedule

These classes are included with the purchase of your Membership Pass or Single Visit Fee.  
Check out the City of Hillsboro Parks and Recreation Brochure for more classes.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Yoga / Spin</b> 6:00-7:00am Jennifer B.	<b>Total Body Conditioning</b> 6:00-6:45am Jennifer B.	<b>Yoga / Spin</b> 6:00-7:00am Jennifer B.	<b>Total Body Conditioning</b> 6:00-6:45am Jennifer B.	<b>Total Body Conditioning</b> 6:00-6:45am Jennifer B.	
<b>Fit Over 50</b> 9:00-9:45am Dawn	<b>Yoga Postures</b> 8:15-9:30am Meagan	<b>Silver&amp;Fit® Level 2 Experience</b> 9:00-9:45am Dawn	<b>Yoga Postures</b> 8:30-9:30am Cindy	<b>Fit Over 50</b> 9:00-9:45am Dawn	<b>Yoga Postures</b> 8:00-9:15am Kerry
<b>Cardio Fit</b> 10:00-10:45 am Dawn	<b>Tai Chi Movements</b> 9:45-10:45am Russell	<b>Cardio Fit</b> 10:00-10:45am Dawn	<b>Tai Chi Movements</b> 9:45-10:45am Russell	<b>Silver&amp;Fit® Level 1 Explore</b> 10:00-10:30am Dawn	
<b>Boot Camp</b> 11:00 -12:00pm Danielle	<b>SilverSneakers® MSROM</b> 11:00-11:45am Dawn	<b>Boot Camp</b> 11:00 -12:00pm Danielle	<b>SilverSneakers® MSROM</b> 11:00-11:45am Dawn	<b>Boot Camp</b> 11:00 -12:00pm Danielle	
<b>Indoor Cycling</b> 12:15-1:00pm Danielle	<b>Indoor Cycling</b> 11:00-11:45am Danielle	<b>Indoor Cycling</b> 12:15-1:00pm Danielle	<b>Indoor Cycling</b> 11:00 -11:45am Danielle	<b>Indoor Cycling</b> 12:15-1:00 pm Danielle	
<b>Stability Ball</b> 5:30-6:30pm Jeanie	<b>Train Like A Champ</b> 12:00-1:00pm Danielle	<b>Indoor Cycling</b> 5:30-6:30pm James	<b>Train Like A Champ</b> 12:00-1:00pm Danielle	<b>Pilates Strength</b> 5:35-6:35pm Meagan	
<b>Cardio Dance</b> 6:45-7:45pm Kelly	<b>Pilates Strength</b> 5:35-6:35pm Meagan	<b>Cardio Dance</b> 6:45-7:45pm Kelly	<b>Stability Ball</b> 5:30-6:30pm Jeanie	<b>Pilates Strength</b> 5:35-6:35pm Meagan	
	<b>Indoor Cycling</b> 6:30-7:30pm David		<b>Indoor Cycling</b> 6:30-7:30pm David		
	<b>Boot Camp</b> 6:45-7:45pm Russell		<b>Boot Camp</b> 6:45-7:45pm Russell		



**Shute Park Aquatic & Recreation Center**

Classes may be canceled based on attendance and instructor availability.  
Classes may be cancelled if less than 3 participants are present 10 minutes after starting time.

## Group Fitness Class Descriptions

**Boot Camp:** The ultimate circuit workout combining intervals of cardio drills and muscle conditioning. You will be training with a variety of equipment and exercise techniques that will give you a total body workout.

**Cardio Dance:** Cardio dance combines aerobics with various forms of dance movement to achieve an overall workout for both body and mind.

**Cardio Fit:** Strengthen your heart and body in a low impact aerobic class. The easy to follow class format utilizes light weights, tubing with handles, and other tools to promote cardio health, increase muscle strength and strengthen your core muscles.

**Fitness Over 50:** Designed to meet the needs of the independent older adult. Strength, endurance, mobility, and flexibility are components of the workout. Designed with the senior participant in mind but suitable for everyone.

**Indoor Cycling:** This cycling class is geared to both novice and expert exercisers. Experience a fantastic heart pumping workout including climbing, sprinting, and training to incredible music while riding a stationary bike. You must reserve a bike when the room opens.

**Pilates Strength:** This class combines both yoga poses and Pilates exercises to tone and strengthen the body, while at the same time increasing flexibility. We will mainly focus on the core, which leads to stronger, healthier backs and stomachs. Leave the class feeling a sense of balance and tranquility.

**SilverSneakers®- Muscular Strength & Range of Movement:** 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, and a chair is used for seated and/or standing support.

**Silver&Fit® Level 1 Explore** This level is for older adults who have no prior experience with exercise or exercise programs. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, muscular strength and cardiovascular endurance.

### **Silver&Fit® Level 2 Experience**

This level is for moderately active older adults who exercise in some way one to two days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction time, muscular strength and cardiovascular endurance.

**Stability Ball:** Increase core strength and stability necessary for peak performance! In this fun and innovative class you will use equipment to develop the deep abdominal muscles used to help stabilize the spine, as well as the muscles of the hips, buttocks, inner thighs, and arms.

**Tai Chi Movements:** This class combines the meditative movements of Tai Chi with yoga warm-up exercises and techniques. Tai Chi helps to improve balance, flexibility, strength, and posture. Harmonize your body and mind while relieving symptoms of stress, improving circulation, and toning muscles.

**Total Body Conditioning:** Maximize your workout! Complete head to toe workout with cardio, resistance training, and abs. Instructor will use a variety of tools such as weights, step, floor, and bands.

**Train Like A Champ:** Join us in a high intensity strength and cardio workout. Learn the fundamentals of boxing while jabbing and hooking your way into shape. Hand wraps are recommended and may be purchased at any sporting goods store.

**Yoga Postures:** Begin your day enjoying classical yoga stances with precise instruction focusing on breathing, relaxation, and posture.

**Yoga/Spin:** Class designed for those who are looking to get a high-impact workout on a stationary bike for 30 minutes. You will bike your way up hills, and downhill while sprinting to energizing music. Immediately following the heart-pumping workout, you will stretch, strengthen, and finally relax your body to a nice flow of yoga moves for the last 30 minutes.