

Sunset Athletic Club Fitness Winter Schedule - Effective Jan. 1, 2019

* All classes are 55 minutes in length unless otherwise specified.

* All instructors are highly trained, certified and dedicated professionals...with current CPR/First Aid certifications.

Cycling Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling classes are mentally and physically challenging. Ask your instructor for modifications. 45 min. classes unless specified. <b style="writing-mode: vertical-rl; transform: rotate(180deg);">CYCLING	5:30 a.m. Alysse	5:30 a.m. Mary Beth	5:30 a.m. Alysse	5:30 a.m. Mary	5:30 a.m. Alysse		
		8:00 a.m. Maureen	8:00 a.m. Maureen	8:00 a.m. Maureen	8:00 a.m. Mary	8:00 a.m. Mike/Teresa/Michelle	
	9:00 a.m. Michael	9:00 a.m. Amy	9:00 a.m. Maureen	9:00 a.m. Amy	Cycle/Sculpt 9:00 a.m. - Tina	9:00 a.m. Mike/Teresa/Michelle	
							10:00 a.m. Tina/Suzanne
							3:00 p.m. * Rotating Instructor
						4:00p.m. * Rotating Instructor	
		5:00 p.m. Kate		5:00 p.m. Suzanne			
		6:30 p.m. Mary		6:30 p.m. Teresa			
* Available only mid-Oct through May.							
Body Conditioning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Inclement Weather Policy: SAC follows Beaverton School District Closures <b style="writing-mode: vertical-rl; transform: rotate(180deg);">BODY CONDITIONING PREVIOUSLY STUDIO C	5:30 a.m. Step & Sculpt Peggy	5:30 a.m. Functional Training Lisa	5:30 a.m. PiYo Karen	5:30 a.m. Functional Training Lisa	5:30 a.m. Step Frank		
						6:30 a.m. Functional Training Lisa	
	8:00 a.m. Sculpt & Strengthen Tina	8:00 a.m. Step & Sculpt Mary	8:00 a.m. 20/20/20 JoAnne	8:00 a.m. Dance Party Diana	8:00 a.m. Sculpt & Strengthen Jane	8:00 a.m. Dance Party Diana	
	8:30 a.m. Fitwalk * Sabra		8:30 a.m. Fitwalk * Sabra		8:30 a.m. Fitwalk - Field trip * Sabra		
	9:00 a.m. Aerobics 9:30 a.m. Stretch JoAnne	9:00 a.m. Sculpt & Strengthen JoAnne	9:00 a.m. Interval Training Shelly	9:00 a.m. Strength & Balance JoAnne	9:00 a.m. Interval Training Shelly	9:00 - 10:15 a.m. Step and Sculpt Mary	
	10:00 a.m. Cardio Strength Combo Tina	10:00 a.m. Gliding Shelly	10:00 a.m. Cardio Strength Combo Tina	10:00 a.m. Kickboxing 10:30 a. Strength Shelly	10:00 a.m. Zumba Kate	10:30 a.m. Interval Training Wade	
		11:00 a.m. Joyful Movement Diana				11:30 a.m. (30 Min) Abs/Stretch Wade	
		4:00 p.m. Dance Party Diana		3:30 p.m. Ballet Barre Diana		4:00 p.m. Dance Party Diana	
	4:30 p.m. Dance Party Diana		4:30 p.m. Dance Party Diana				3:00 p.m. 3 - 2 - 1 Suzanne
					5:00 p.m. Core Strength Genny	5:00 p.m. Belly Dancing Diana	
	5:30 p.m. Sculpt & Strengthen Suzanne	5:30 p.m. Cardio Strength Combo Jane R.	5:30 p.m. SWEAT Stephanie	5:30 p.m. Step Interval Genny			
	6:30 p.m. Total Body Circuit Suzanne	6:30 p.m. HIIT Circuit Shelly	6:30 p.m. Barre Fusion Karen	6:30 p.m. Zumba Amy			
*Fitwalk available: July-Sep: 8:00 am Oct-Jun: 8:30 am Field trip - One Friday per month. Please sign up.							
Mind/BodyStudio	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b style="writing-mode: vertical-rl; transform: rotate(180deg);">MIND BODY				6:30 a.m. Pilates Mary			
	7:25a.m. Baduanjin JoAnne		7:00a.m. Yoga Nevra	7:25a.m. Morning Meditation JoAnne			
	8:00 a.m. Healthy Joints JoAnne	8:00 a.m. Balanced Body JoAnne	8:00 a.m. Healthy Backs Jill	8:00 a.m. Stretch JoAnne	8:00 a.m. Yoga Judi	8:00 a.m. Power Yoga Lauren	
	9:00 a.m. Resist-A-Ball Mary	9:00 a.m. Yoga Jane S.	9:00 a.m. Int. Pilates Julie	9:00 a.m. Yoga Jane S.	9:00 a.m. Pulse Pilates Jill	9:00 a.m. Gentle Yoga Jamie	9:00 a.m. Yoga Liana
	10:00 a.m. Power Yoga Gretchen	10:00 a.m. Mary's Fusion Mary	10-11:15 a.m. Yoga Noemi	10:00 a.m. Barefoot Fitness Hal	10:00 a.m. Yoga Vera	10:00 - 11:15a.m. Release & Mobilize JoAnne	10:15 a.m. Pi/Yo Nevra
		11:00 a.m. Yin Yoga Gretchen		11:00 a.m. Yin Flow Gretchen	11:30 a.m. Qi Gong/Tai Chi Jamie	11:30 a.m. Feldenkrais John	
	12:30 - 1:45 p.m. Yoga for Lunch Noemi		12:30 - 1:45 p.m. Yoga for Lunch Noemi		12:30 p.m. Restorative Yoga Amy		
							2:30 p.m. Tai Chi Jamie
		4:00 p.m. Release & Mobilize JoAnne					
		5:00 p.m. Tai Chi Jamie	5:30 p.m. Pilates Jill				
6:00 p.m. Pi/Yo Nevra	6:00 p.m. Yoga Lauren		6:00 p.m. Yoga Jamie	6:30 p.m. Yoga Nevra		6:00 - 7:30 p.m. Yoga Nevra	
7:00 p.m. Yoga Liana	7:00 p.m. Pilates/Stretch Nevra	7:30 p.m. Yoga Gretchen	7:00 p.m. Yin/Meditation Jamie				



Fitness Class Descriptions

Ballet Barre - Ballet inspired exercises focusing on isometric strength training combined with small, high rep movements. Gain strength, tone the muscles of your arms, legs and core and improve your posture.
Baduanjin - An ancient Chinese form of medical QiGong, broken down into eight separate exercises, each focusing on a different physical area and energy meridian. When practiced daily for 15 minutes, the body stretches, the breath synchronizes, the mind releases stress and the energy systems harmonize promoting overall well being.
Balanced Body - This class focuses on the teachings of mind/body awareness and addresses the 5 aspects of wellness: physical, mental, emotional, energetic and spiritual bodies. It is based on Eastern philosophies and offers exercises that promote supple spines, stable joints, relaxed muscles, enhanced flexibility and brings one to a state of balance and harmony.
Barefoot Fitness - Emphasizes foot fitness as the foundation for better balance, posture and functional movement. Warm up gracefully, energize with upbeat calisthenics and cool down with gentle breathing and stretches.
Barre Fusion - A mix of ballet, pilates, yoga and strength training to improve posture, flexibility, balance and overall body strength. This class is designed for a wide range of fitness levels, ages and bodies.
Belly Dancing - Explore your inner Goddess in this fun-filled Middle Eastern dance class. Bring a scarf for extra flair.
Cardio Strength Combo - This class offers a mix of Cardio and Strength combinations. Add variety and fun to your workouts.
Cycling - Indoor group cycling is a cardio experience bringing athletic training to participants of all abilities. An individually challenging and energizing class set to music that will develop strength and endurance. Riders determine their own level of challenge allowing those new to the activity as well as conditioned cyclists to experience success.
Dance Party - This exhilarating multicultural dance fitness class includes Bollywood, Latin, Jazz, and infused modern Belly Dancing. If you love to dance or want to learn, this class is for you. Join the Party, boost your energy and express your unique self.
Feldenkrais Awareness Through Movement - Explore slow, mindful movement to develop self-awareness, unwind patterns of holding, and experience new ways of moving, thinking and feeling.
Fit-Walk - Outdoor walks around SAC. All levels welcome. Hill and no-hill options. 3-5 miles. Over 40 different routes. Instructor gives tips and techniques for improved walking.
Functional Training - Create total body balance and strength with this dynamic workout. Integrate your whole body while performing functional movements.
Gliding - A total body workout using gliders with upper and lower body exercises to build strength and endurance while challenging balance, stability and core strength.
Healthy Backs - This class focuses on creating, maintaining, and improving spinal strength, flexibility and stability. Specific exercises gently move the intervertebral disks to maintain cushioning and pliability, strengthen spinal muscles, improve posture and promote a healthy, supple spine. This class is a beneficial complement to our Healthy Joints class and is appropriate for everyone.
Healthy Joints - This class offers a series of exercises that give joints the attention they need--the techniques used improve strength and mobility in the joint space as well as assisting in preventing injury and rejuvenating tendons, ligaments, and bones.
HIIT Circuit - An even mix of focused strength exercises and dripping fun cardio segments. The intervals alternate between 4 minutes of strengthening and 4 minutes of TABATA cardio (HIIT) and is easily adjustable to meet all fitness levels.
Interval Training - A complete total body conditioning cardio/strength interval class using weights, steps, balls, gliders, jump ropes, sweat, smiles and fun!
Joyful Movement - A gentle-paced, non-impact, dance movement class with thorough stretching that is appropriate for all ages.
Kick Boxing - Challenge strength and endurance with this high intensity workout combining punches, kicks and more.
Morning Meditation - Bi-weekly classes in the Mind Body Studio on Mon. & Thur. 7:25 a.m. Begin by entering a quiet space to prepare. The doors close at 7:25 to ensure no interruptions. Everyone is welcome to experience silence, mindfulness and the present moment.
Pilates - A unique system of exercises that strengthen, tone and lengthen muscles to improve posture, provide flexibility and create balance while uniting body and mind. Various levels of pilates classes are offered: Beginning (Fundamentals), Intermediate and Advanced and classes with emphasis on various props.
PIYo - Our Pilates/Yoga blend combines the core-firming benefits of Pilates with core strength and flexibility advantages of Yoga. No weights, no jumps, just hard core results.
Pulse Pilates - A non-impact cardio workout focused on abdominals, thighs and gluteals. Combining ballet barre, the Pilates Method and Modern Dance to strengthen, lengthen and tone muscles while elevating your heart rate.
Qi Gong - This class links body, mind, and breath to cultivate chi (energy) promoting health and vitality. Learn the art of de-stressing and quieting the mind.
Release & Mobilize - No need to feel stiff, stuck and sore. Release tension, mobilize joint space, relax muscles and find ease in movement. Foam rollers and tennis balls are used to trigger point and massage muscles.
Resist-a-Ball - Exercises influence performance of cardiovascular, neuromuscular and musculoskeletal systems with emphasis on Core Strength & Balance.
Sculpt & Strengthen - The training of all major muscle groups is addressed in this class. Build strength, develop muscle definition, and enhance flexibility. Instructor utilizes various styles and techniques and emphasizes proper form.
Step and Sculpt - A choreographed routine with step, blended with resistance training.
Step Interval - Build strength and endurance with plenty of cardio and drills on and off the step using bands, weights and stability balls. Ab work and stretching complete the workout.
Stretch - This class addresses the whole body with a combination of dynamic and static stretches. Joint movement and breath work are included. The last Thursday of every month incorporates meditation.
SWEAT - Get ready to sweat and take charge of your workout with timed intervals of strength, cardio, plyometrics, endurance, resistance and core training. This high energy class is taught with high and low intensity progressions for all levels with an emphasis on proper form.
20/20/20 - This effective, well balanced workout has it all--20 minutes of muscle building strength work, 20 minutes of cardio endurance, and 20 minutes of flexibility. It's an excellent workout for all fitness levels.
3 - 2 - 1 - A cardiovascular class with a strength training component. Three minutes of strength training at low intensity cardio, two minutes of muscular endurance at medium intensity cardio, then one minute of high intensity interval training. For all fitness levels.
TaiChi - This moving, meditative form of exercise enhances one's health and vitality. TaiChi fosters a calm and tranquil mind and helps with balance, alignment, agility, and stress reduction. Join Jamie in her "easy to learn" class.
Total Body Circuit - Train your body to work and recover more efficiently as you travel the Fitness Studio completing cardio and strength training circuits. Each circuit can be performed at varying levels of difficulty; making this class ideal for all fitness levels!
Yoga - All Yoga classes consist of the following elements: flow, standing and seated postures, breathing practice and deep relaxation. Experience the benefits of quieting the mind and restoring a sense of physical and mental balance.
Gentle Yoga - A gentle paced basic Yoga class promoting relaxation.
Power Yoga - Strengthen and challenge Mind and Body in this invigorating paced advanced vinyasa style class
Restorative Yoga - This style of yoga offers soothing and well-supported poses giving you the opportunity to linger quietly leaving you well-rested and nourished. The postures are deeply supported by blankets, blocks, and other props and are all held for several minutes. Wonderfully relaxing!
Yin Yoga/Flow/Meditation - A passive, relaxing and nurturing form with time to connect with your breath. The Flow class is a slow-paced class. The Yin class holds poses longer and the Yin Meditation class includes meditation.
Zumba is a joyous dance party that achieves cardio conditioning and muscular benefits. International music motivates you to move.

Group Exercise Department Rules

Body Conditioning Studio

Children must be 8 years old and able to fully participate in order to attend cardio classes. Children must be 12 years old to attend Resistance Training classes and must adhere to the advice of the instructor on appropriate weights to use.

Cycling Studio

Children must be 8 years old, able to participate, and fit appropriately on the bike. Children must sign up only on the "wait list." Adult members have priority.

Mind Body Studio

Children 8 years old are welcome to participate in classes with the instructor's O.K. They must respect and honor our quiet space.

General

For the safety of everyone, children of any age are not to sit or hang out in any studio while class is in session. Doors to all studios remain locked when no class is in session. Members can enter studios only with an instructor present. Old Studio A is always available when there is no personal training going on.

Our Private Pilates Studio is private and used exclusively for those members wanting private group training.

Permanent Subs: Mackenzie Fuhrer Nina Pitzel Patti White

Please refrain from wearing fragrances to class.