

## Sunset Athletic Club Fitness Spring Schedule - Effective April 1, 2018

\* 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</b>	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. Shelly	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. Shelly		5:00 p.m. Suzanne			
		6:30 p.m. Mary		6:30 p.m. Shelly			
* 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</b>  PREVIOUSLY STUDIO C	5:30 a.m. Step & Sculpt Karen	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 Marie	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. Kickboxing/Core Shelly	10:00 a.m. Cardio Strength Combo Tina	10:00 a.m. Kick Boxing Shelly	10:00 a.m. Zumba Kate	10:30 a.m. Interval Training Wade	
		11:00 a.m. Belly Dancing Diana		11:00 a.m. Studio Boogie Ithica		11:30 a.m. (30 Min) Abs/Stretch Wade	
		4:00 p.m. Dance Party Diana		3:30 p.m. Ballet Toning 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. Al's Abs Al		5:00 p.m. Al's Abs Al	5:00 p.m. Belly Dancing Diana		
	5:30 p.m. Sculpt & Strengthen Suzanne	5:30 p.m. Sculpt & Strengthen Al	5:30 p.m. Interval Training Wade	5:30 p.m. Interval Training 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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b style="writing-mode: vertical-rl; transform: rotate(180deg);">MIND BODY</b>		6:30 a.m. Core Strength Mary Beth			6:30 a.m. Pilates Mary		
	7:25a.m. Morning Meditation JoAnne			7:25a.m. Morning Meditation JoAnne			
	8:00 a.m. Healthy Joints JoAnne	8:00 a.m. Realign 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 M.	
	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. Balance & Flexibility Jane R.	10-11:15 a.m. Yoga Noemi	10:00 a.m. Power Barre Ethan	10:00 Yoga Vera	10:00 - 11:15a.m. Release & Mobilize JoAnne	
		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 Joan/Dori	12:00 p.m. Power Barre Ethan	12:30-1:45 p.m. Yoga Joan/Dori	12:30-1:30 p.m. Barefoot Fitness Hal	12:30 p.m. Restorative Yoga Amy		
		4:00 p.m. Release & Mobilize JoAnne					2:30 p.m. Tai Chi Jamie
		5:00 p.m. Tai Chi Jamie	5:30 p.m. Pilates Jill				4:00 - 5:30 p.m. Yoga Joan/Nina
	6:00 p.m. Ballet Barre Diana	6:00 p.m. Yoga Joan/Lauren		6:00 p.m. Yoga Joan/Jamie			6:30 p.m. Yoga Flow Amy
7:00 p.m. Yoga Joan/Liana		7:30 p.m. Yoga Gretchen	7:00 p.m. Yin/Meditation Jamie				



## **Fitness Class Descriptions**

<b>Al's Abs</b> - Ab exercises performed at an aerobic pace promoting fat loss, sculpting, and strength, challenging and advanced.
<b>Balance &amp; Flexibility</b> - Get stronger with specific exercises that help you activate your core and strengthen your whole body. An emphasis is placed on exercises that improve balance and increase flexibility. The last part of class focuses on stretching, lengthening muscles and relaxation.
<b>Ballet Toning</b> - 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.
<b>Barefoot Fitness</b> - 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.
<b>Belly Dancing</b> - Explore your inner Goddess in this fun-filled Middle Eastern dance class. Bring a scarf for extra flair.
<b>Cardio Strength Combo</b> - This class offers a mix of Cardio and Strength combinations. Add variety and fun to your workouts.
<b>Cycling</b> - 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.
<b>Dance Party</b> - 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.
<b>Feldenkrais Awareness Through Movement</b> - Explore slow, mindful movement to develop self-awareness, unwind patterns of holding, and experience new ways of moving, thinking and feeling.
<b>Fit-Walk</b> - 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.
<b>Functional Training</b> - Create total body balance and strength with this dynamic workout. Integrate your whole body while performing functional movements.
<b>Healthy Backs</b> - 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.
<b>Healthy Joints</b> - 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.
<b>HIIT Circuit</b> - 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.
<b>Interval Training</b> - A complete total body conditioning cardio/strength interval class using weights, steps, balls, gliders, jump ropes, sweat, smiles and fun!
<b>Kick Boxing</b> - Challenge strength and endurance with this high intensity workout combining punches, kicks and more.
<b>Kickboxing/Core</b> - Challenge strength, endurance and athletic ability with Kickboxing followed by focused core strengthening.
<b>Morning Meditation</b> - 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.
<b>Pilates</b> - 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.
<b>Power Barre</b> - Power Barre is a strenuous mix of Pilates, ballet technique and yoga designed to strengthen, lengthen and tone all major muscle groups. This class integrates hand weights and exercise balls to provide an intense, full conditioning workout.
<b>Pulse Pilates</b> - 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.
<b>Qi Gong</b> - 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.
<b>Realign</b> - This class is based on simple yet powerful exercises and when practiced regularly can fundamentally <u>Realign</u> and <u>Remake</u> your posture. Exercising muscles that provide spinal support and proper body alignment and targeting our entire core, aid in moving with ease, create an elegant stance and improve standing and sitting posture.
<b>Release &amp; Mobilize</b> - 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.
<b>Resist-a-Ball</b> - Exercises influence performance of cardiovascular, neuromuscular and musculoskeletal systems with emphasis on Core Strength & Balance.
<b>Sculpt and Strengthen</b> - A complete total body conditioning cardio/strength interval class using weights, steps, balls, gliders, jumppropes, sw smiles and fun!
<b>Step and Sculpt</b> - A choreographed routine with step, blended with resistance training.
<b>Stretch</b> - 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.
<b>Studio Boogie</b> - An instructor inspired dance party that offers the art of dance while getting a great workout. Move with the flow of the music get into the groove!
<b>3-2-1</b> - 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.
<b>20/20/20</b> - 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.
<b>TaiChi</b> - 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.
<b>Total Body Circuit</b> - 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!
<b>Yoga</b> - 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.
<b>Gentle Yoga</b> - A gentle paced basic Yoga class promoting relaxation.
<b>Power Yoga</b> - Strengthen and challenge Mind and Body in this invigorating paced advanced vinyasa style class
<b>Restorative Yoga</b> - 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!
<b>Yin Yoga/Flow/Meditation</b> - A passive, relaxing and nurturing form with time to connect with your breath. The <b>Flow</b> class is a slow-paced class. The Yin class holds poses longer and the <b>Yin Meditation</b> class includes meditation.
<b>Zumba</b> 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 Natalia Grudzinsky Didi Leinweber Michelle Lontai Nina Pitzel Stephanie Sherwood Patti White

**Please refrain from wearing fragrances to class.**