

Sunset Athletic Club Fitness Spring Schedule - Effective April 1, 2017

* 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
C Y C L I N G Cycling classes are mentally and physically challenging. Ask your instructor for modifications. 45 min. classes unless specified.	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. Marie	8:00 a.m. Maureen	8:00 a.m. Mary	8:00 a.m. Michael/Teresa/Randi	
	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. Michael/Teresa/Randi	
							10:00 a.m. Tina/Suzanne
							3:00 p.m. * Rotating Instructor
						4:00p.m. * Rotating Instructor	
		Cycle/Sculpt 5:00 p.m. - Vickey			5:00 p.m. Suzanne		
* Available only mid-Oct through May.	6:30 p.m. Mary		6:30 p.m. Randi				
Body Conditioning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B O D Y C O N D I T I O N I N G Inclement Weather Policy: SAC follows Beaverton School District Closures 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. Zumba Nancy	8:00 a.m. Sculpt & Strengthen Jane	8:00 a.m. Zumba Step Nancy	
	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 Vera	9:00 a.m. Sculpt & Strengthen JoAnne	9:00 a.m. Interval Training Danell	9:00 a.m. Strength & Balance JoAnne	9:00 a.m. Interval Training Danell	9:00 - 10:15 a.m. Step and Sculpt Mary	
	10:00 a.m. Cardio Strength Combo Tina	10:00 a.m. Box Circuit Danell	10:00 a.m. Cardio Strength Combo Tina	10:00 a.m. Box Circuit Danell	10:00 a.m. Zumba Kate	10:30 a.m. Sculpt & Strengthen Wade	
						11:30 a.m. (30 Min) Abs/Stretch Wade	
	3:30 p.m. Ballet Toning Diana	4:00 p.m. Dance Party Diana	3:30 p.m. Ballet Toning Diana		4:00 p.m. Dance Party Diana		3:00 p.m. 3 - 2 - 1 Suzanne
	4:30 p.m. Dance Party Diana		4:30 p.m. Dance Party Diana				4:00 p.m. Zumba Amy
		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 Kim	5:30 p.m. Kick Boxing Al	5:30 p.m. Sculpt & Strengthen Wade	erick Interval Training Genny			
	6:30 p.m. Total Body Circuit Suzanne	6:30 p.m. HIIT Circuit Nancy	6:30 p.m. Fit Athletics Wade	6:30 p.m. Zumba Lauren W.			
*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
M I N D B O D Y		6:30 Core Strength Mary Beth			6:30 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. Strength & Balance Jane R.	10:00 a.m. Yoga Noemi	10:00 a.m. Fluidity & Strength Noemi	10:00 Yoga Vera	10:00 - 11:15a.m. Release & Mobilize JoAnne	
	11:00 a.m. PiYo Karen	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		12:30-1:45 p.m. Yoga Joan		12:30 p.m. Restorative Yoga Amy		
							2:30 p.m. Tai Chi Jamie
		4:00 p.m. Release & Mobilize JoAnne					4:00 - 5:30 p.m. Yoga Joan
	5:00 p.m. Pilates Mary	5:00 p.m. Tai Chi Jamie	5:30 p.m. Pilates Jill		5:45 p.m. Expressive Dance Joan		
	6:00 p.m. Pulse Pilates Jill	6:00 p.m. Yoga Joan	6:30 p.m. Buti Yoga Nancy	6:00 p.m. Yoga Joan			6:30 p.m. Yoga Flow Amy
7:00 p.m. Yoga Joan		7:30 p.m. Yoga Gretchen	7:00 p.m. Yin/Meditation Jamie				



Fitness Class Descriptions

AI's Abs - Ab exercises performed at an aerobic pace promoting fat loss, sculpting, and strength, challenging and advanced.
Ballet Toning - 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.
Belly Dancing - Explore your inner Goddess in this fun-filled Middle Eastern dance class. Bring a scarf for extra flair.
Box Circuit - Challenge strength and endurance in this high intensity workout combining punches, kicks with weights, bands and balls.
BUTI Yoga - This amazing class will release your hips and free your mind while having a great time BUTI shaking to heart-pumping music. The class fuses yoga flow, tribal influenced dances and plyometrics to strengthen your core.
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.
Expressive Dance - Join Joan for a barefoot dance class involving dance warmups and combinations along with improvisational and expressive dance. Six weeks beginning April 7th.
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 Athletics - End your day with Wade Davis' complete metabolic overload workout. This 60 minutes of sweating will spark fat loss, help you achieve peak athletic conditioning, and leave you looking great!
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.
Fluidity and Strength - A playful, mindful and creative fusion of movement practices based on Yoga, Pilates, Modern Dance, primal movement and somatic (body) awareness. This class encourages your ability to skillfully engage your core as you tap into and cultivate your body's own natural strength and fluidity.
Functional Training - Create total body balance and strength with this dynamic workout. Integrate your whole body while performing functional movements.
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, jumprobes, sweat, smiles and fun!
Kickbox - Bring your energy and plan on sweating in this extremely challenging punch and kick "bag workout."
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 - Dynamic flowing sequences that burn serious calories. Combines the core-firming benefits of Pilates with core strength and flexibility advantages of Yoga. No weights, no jumps, just hard core results.
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.
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.
Realign - This class is based on simple yet powerful exercises 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.
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.
Strength and Balance - This class combines added resistance and no-resistance exercises to strengthen and define muscles, enhance core strength, flexibility and improve balance and posture.
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 guided imagery meditation.
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.
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.
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/Zumba Step/Zumba Toning - Zumba is a joyous dance party that achieves cardio conditioning and muscular benefits. International music motivates you to move. Zumbo Step - The joyous dance of Zumba combined with simple step movements makes a fun and effective workout.
Zumba Toning - This class combines the dance energy of Zumba with short segments of muscular endurance using light hand held weights.

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 Didi Leinweber Stephanie Sherwood Peggy Staggs Patti White

Please refrain from wearing fragrances to class.