

# Sunset Athletic Club Spring Fitness Schedule - Effective May 1, 2022

\* All classes are 45 minutes in length unless otherwise specified.

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

Spinning Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning classes are mentally and physically challenging. Ask your instructor for modifications.  SPIN/SPIVI Register for classes.	6:15 a.m. Justin	6:15 a.m. Justin		6:15 a.m. Justin			
		8:00 a.m. Maureen	8:00 a.m. Michael	8:00 a.m. Maureen			
	9:00 a.m. Mary		9:00 a.m. Maureen		9:00 a.m. Tina	9:00 a.m. Michael	9:00 a.m. Mary
						10:15 am Michael	
	6:15 p.m. Avatar Christine		6:15 p.m. Avatar Jason			4:15 p.m. Avatar Nicole	

Aquatics	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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ALL GROUP WATER CLASSES TAUGHT TO THE POOL ASSIGNED - NO EXCEPTIONS							
Therapy Pool						9:00 AM Aai Chi Jen	
		10:00 a.m. H2O Cross Training Richard	10:00 a.m. Use Your Noodle JoAnne/Sabra	10:00 a.m. H2O Cross Training Richard			
	11:00 AM Ai Chi JoAnne		11:00 AM Ai Chi JoAnne		11:00 AM Water Walking Jen		
Exercise Pool		6:00 AM Water Wake Up Ann Marie		6:00 AM Water Wake Up Ann Marie			
						8:00 AM Aqua Splash Jen	
Lap Pool					10:00 AM Deeply Fit Tina		

Mind/Body	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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For your health and safety we are not using equipment. We are asking members to bring your own yoga mats.		7:45 AM Qi Gong JoAnne					
	8:00 AM Mobility, Core, Balance Charlotte	8:30 AM Stretch JoAnne		8:30 AM Strength/Balance JoAnne	8:00 AM Fit Ball Mary	8:30 AM Vinyasa Yoga Wayne	
					9:00 AM Yoga with a kick Vera		
						10:00 AM Roll & Relax JoAnne	10:15 AM Yoga Fundamentals Mary
	11:00AM Power Yoga Gretchen	11:00AM Yin Yoga Gretchen	11:00AM Yoga for Bone Health Katy	11:00AM Vinyasa Yoga Gretchen			
					12:00 PM Restorative Yoga Ariana		
		6:00 PM Vinyasa Yoga Wayne	6:00 PM Vinyasa Yoga Gretchen			No Tai Chi Class 5/15, 5/22, 5/29	2:30 PM Tai Chi Jamie
	7:00 PM Yin Yoga Jamie			7:00 PM Vinyasa Rebecca			

Body Conditioning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	6:15 AM Power Start Mary		6:15 AM Body Blast Mary		6:15 AM Cardio Strength Teresa		
						8:00 AM Dance Party Diana	
				9:00 AM Dance Party Diana S.		9:00 AM Step Mary	9:00 AM Dance! Charlotte
	10:00 AM Move It & Shake It Tina	10:00 AM Get Strong Peggy	10:00 AM Move It & Shake It Tina	10:00 AM Get Strong Peggy	10:00 AM Zumba Jen	10:00 AM Body Blast Mary M.	10:00 AM Body Blast Patti
	4:30 PM Dance Party Diana S.						
	6:00 PM Cardio Strength Tanya	6:00 PM H.I.I.T. Teresa	6:00 PM Zumba Jen	6:00 PM Express Weights Marie			
			7:00 PM Jump! Charlotte	6:30 PM Core/Strength Marie			

Members may make reservation through the Member Portal. The Service Desk or Lobby Desk may also make reservations. Look for "Group Activities" and select the class you want. Register for all Spivi Classes on the Spivi App.



13939 N.W. Cornell Rd. • Portland • 503-645-3535 • www.sunsetac.com

All Classes are by reservation only.

Reservations for Spin/Spivi may be made on the Spivi App.

Or contact our Service Desk at 503-645-3535 and we will be happy to make a reservation for you.

## **Land and WaterFitness Class Descriptions**

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**Ai Chi:** A movement sequence of dynamic exercises performed in our Therapy Pool. A combination of focused deep breathing and slow broad movements in continual patterns bring comfort to joints, relax muscles and promote overall relaxation.

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**Aqua Splash:** Have a blast and make a splash in this moderate intensity class focusing on cardio endurance, strengthening and lengthening. Class is held in the Exercise Pool with the use of aqua bells, noodles and floatation equipment.

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**Body Blast:** A total body heart-pumping aerobic and strength conditioning workout. An interval based class combining challenging strength and high intensity cardio for a full body calorie blasting workout.

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**Cardio Strength:** This class adds variety to your workout and offers a mix of dripping fun to cardio and focused strength to training exercises. A great way to set your energy for your day.

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**Core/Stretch:** A 30 minute class combining core strength exercises and stretching.

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**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!

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**DeePLY Fit:** This non-impact class taught in the Lap Pool is an easy on your joints deep water class that targets cardio endurance, muscle conditioning, core strength and range of motion exercises. A variety of equipment is used to ensure a total body workout.

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**Express Weights:** A 30 minute total body workout using light weights to strengthen and tone all muscle groups.

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**Get Strong:** Get stronger and more flexible in this total body strengthening class using a variety of equipment as well as body weight exercises. Modifications will be available. We welcome all fitness levels.

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**H2O Cross Training:** This class consists of a combination of water aerobics, strength training and flexibility. Floatation belts and resistance equipment are used to enhance the safe conditioning opportunity found only in water. Try it--you'll like it! Class held in the Therapy Pool.

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**H.I.I.T. 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 (H.I.I.T.) and is easily adjustable to meet all fitness levels.

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**Just Add Water:** A Recipe for a healthier you! Build endurance, increase flexibility, strengthen muscles, improve physique, release stress, renew energy - mix all this together and just add water. Class held in the Exercise Pool.

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**Mobility, Core, Balance:** A class based around functional movements to increase range of motion and core engagement with a goal of making your body more efficient as it moves throughout life. A fun exploration of your body and what it can do!

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**Move It, Shake It, Lift It:** A static mix of cardio bursts and strength based movements in your own station. Join this fun and safe workout with fellow members.

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**Power Start:** A challenging total body workout guaranteed to build strength and endurance by combining cardio moves and resistance training. This dynamic class is sure to jump start your day!

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**Qi Gong:** An ancient Chinese form including eight separate exercises--each focused on a different physical area--the body stretches, the breath synchronizes, the mind, releases stress, and overall well-being is enhanced. Join the class and learn the art of quieting the mind.

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**Roll and Relax:** 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.

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**Spin:** 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. Avatar led classes will be identified in the description of the class. In person led instruction will be identified by instructor's name

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**Strength & Balance:** This class consists of "Functional Movements" that strengthen shoulders, hips and spine. The exercises are performed both with body weight and Theraband resistance. Included are postures that improve spinal mobility, flexibility and balance. Class ends with some stretching. And... music is great!!!

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**Step and Sculpt:** A choreographed routine on the step, blended with resistance training.

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**Stretch and Meditation:** This class addresses the entire body with a combination of static and dynamic stretches and joint movements to compliment the stretches. Each class concludes with focused breath and meditation for relaxation.

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**Tai Chi:** This moving, meditative form of exercise enhances one's health and vitality. Tai Chi fosters a calm and tranquil mind and helps with balance, alignment, agility, and stress reduction. Join Jamie in her "easy to learn" class.

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**Use Your Noodle:** Did you know that you can "use your noodle" as a bicycle, a swing, a lounge chair, a surfboard, or even a pogo stick, while you are building strength and power and improving cardio endurance and flexibility? Join us for a Fun-Filled effective total body workout.

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**Water Wake Up:** Give your metabolism a jump start in this early morning class designed to build endurance, increase flexibility, and strengthen muscles to get you on your way to a great day. Class held in the Exercise Pool.

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**Water Walking:** Gentle water movement for better posture and mobility with an emphasis on balance and flexibility.

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**Power Yoga:** Strengthen and challenge Mind & Body in this invigorating paced advanced Vinyasa Style class.

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**Restorative Yoga:** Offering 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.

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**Vinyasa Yoga:** A nurturing form of yoga with time to connect with your breath flowing from one pose to the next.

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**Yin Yoga:** A passive, relaxing and nurturing form of yoga with time to connect with your breath and holds poses longer. This class includes meditation.

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**Yoga for Bone Health:** Resistance weight training isn't the only way to strengthen your bones. Learn how to build stronger and healthier bones when younger, or how to slow or reverse osteoporosis when older. Blocks, straps, blankets, walls and chairs are used to ensure correct and assessable poses whatever your level of ability.

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**Yoga Fundamentals:** Deepen your practice with a thorough exploration of asanas, including their alignment principles, energetic actions, modifications and variations.

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**Yoga with a Kick:** Combine Yoga practice with resistance band training to promote efficient movement patterns while improving joint mobility. Sprinkle with Yin static stretches, myofascial work with tennis balls and controlled breathing exercises to improve and bring balance to your Nervous System and you get yoga with a "Kick".

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**Zumba:** An energizing dance fitness class featuring Latin and International music. Exercise in disguise! You'll burn lots of calories and have a great time!

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### **Group Exercise Department Rules**

**Spin Studio:** Children must be 8 years old, able to participate, and fit appropriately on the bike. Adult members have priority.

**Mind Body Studio:** Youth 8 years old are welcome to participate in classes with the instructor's O.K. All ages must respect and honor our quiet space.

**H2O Cross Training/Ai Chi:** Taught only in the therapy Pool. Do not enter other pools for this class. All pools are by reservation only - not available for this class.

**Just Add Water/Water Wake Up/Shallow/Aqua Splash:** Taught only in the exercise Pool. Do not enter into other pools for this class. Pools are by reservation only - not available for this class.

**General:** For the safety of everyone, children of any age are not to sit/watch 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.

Our Private Pilates Studio is private and used exclusively for those members who have arranged private group training with a Pilates Coach..

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