



Group Fitness Classes (in-studio & on ZOOM)

Effective May 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>8:30-9:15 am Zumba w/Daynelle</p> <p>9:30-10:15 am SilverSneakers w/Dina</p> <p>10:30-11:15 am SilverSneakers w/Dina</p> <p>11:30am-12:15 pm Zumba Gold w/Dina</p>	<p>5:15-6:00 am Cycle w/Katie</p> <p>8:30-9:30 am Tabata Strength w/Daynelle</p> <p>9:45-10:45 am Yoga Flow w/Kristi</p> <p>11-11:45 am Zumba Gold w/Dina</p>	<p>8:30-9:15 am Zumba w/Daynelle</p> <p>9:30-10:15 am SilverSneakers w/Dina</p> <p>10:30-11:15 am SilverSneakers w/Dina</p>	<p>5:15-6:00 am Cycle w/Katie</p> <p>8:30-9:30 am Pump w/Bryanna</p> <p>9:45-10:30 am Gentle Yoga w/Kristi</p> <p>11-11:45 am Zumba Gold w/Dina</p>	<p>8:30-9:15 am Zumba w/Daynelle</p> <p>9:30-10:15 am SilverSneakers w/Dina</p> <p>10:30-11:15 am SilverSneakers w/Dina</p> <p>11:30am-12:15 pm Zumba Gold w/Dina</p>	<p>8:30-9:15 am Cycle w/Angie</p> <p>9:30-10:30 am class lineup:</p> <p>May 4 - Pump May 11 - Pump May 18 - TS May 25 - TS</p>	<p>8:30-9:15 am Barre w/Angie or Dina</p> <p>NO CLASS on Sunday the 26th of Memorial Day Weekend</p>
<p>4:15-5:00 pm Barre Fusion w/Kristi</p> <p>5:30-6:15 pm Cycle w/Janell</p> <p>6:30-7:30 pm Zumba w/Bri</p>	<p>5:30-6:30 pm Pump w/Angie</p> <p>6:45-7:30 pm Yoga Flow w/Susie</p> <p>NEW PUMP release coming May 6!</p>	<p>4:15-5:00 pm Barre Fusion w/Kristi</p> <p>5:30-6:15 pm Cycle w/Katie</p> <p>6:30-7:30 pm Zumba w/Bri</p>	<p>5:30-6:30 pm Pump w/Katie</p> <p>6:45-7:30 pm Restorative Yoga w/Susie</p>	<p>Happy Hour classes (FREE for community members!)</p> <p><u>May 3:</u> Sound Bath 5:30pm with Julie See front desk for more info.</p>	 <p>Virtual Live Class options: To access our live-streamed online classes via Zoom, email at Excellzoom@gmail.com</p>	 <p>1461 NE Hwy 99W McMinnville 503-434-5044</p> <p>Gym Hours: M-F: 5am-9pm Sat/Sun: 7am-5p m</p>

Group-Fitness Class Descriptions:

BARRE: This upbeat, music-driven class fuses together resistance training, pilates, ballet, and yoga principles. It incorporates a barre, light weights, pilates ball, and Gliding Discs while increasing your heart rate. It's a graceful class for the non-dancer! No experience necessary.

BARRE FUSION: This full-body strength workout fuses together yoga principles, pilates movements, and ballet so that you get strong from the inside out! It incorporates heavy and light dumbbells, a barre, small pilates ball, and tubing. No experience necessary.

CYCLE: Simulating outdoor cycling, this class is set to a variety of music while you "ride" flat roads, hills, and mountains. Classes incorporate heart rate training techniques. Arrive at least 10 minutes early for set up. A sweat towel and a water bottle are a necessity.

PUMP: This muscular-endurance class will work every main muscle group in your body. With fun music and challenging movements, come see what everyone is talking about! Arrive 10 minutes early to set up.

SILVERSNEAKERS: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

TABATA STRENGTH (TS): Implementing the traditional Tabata format of :20 working/:10 rest intervals, this resistance training class offers an entire body workout. You will use a bench, dumbbells, barbell, and your own body weight. All levels of fitness are welcomed!

TBC - TOTAL BODY CONDITIONING: Alternate intervals of higher-intensity cardio with active-recovery strength segments for a complete workout. This class caters to all levels of fitness.

YOGA-DANCE FUSION: This class is a fun, invigorating practice combining yoga posture with dance and plyometrics. Be prepared to sweat and smile! No dance experience necessary.

YOGA FLOW: This strong, dynamic practice links breath and movement in a vinyasa style to enhance stability, strength, and balance. It also includes functional strength training. This class builds upon our traditional yoga class.

YOGA - GENTLE (Hatha): This traditional-style Hatha yoga class caters to all levels and will meet you where you are in mind and body.

YOGA-RESTORATIVE: Spend 30 minutes restoring your shoulders, hips, and back, and finish with a 15-minute guided meditation. This is a wonderful start or end to our week.

ZUMBA®: Get ready to party yourself into shape! Zumba® is an exhilarating, easy-to-follow, international dance-inspired, calorie-burning fitness party that will leave you wanting more!

ZUMBA GOLD®: This class includes all the fun rhythms of regular Zumba, but works at a low-impact level. It's excellent for all ages and those new to Zumba.