

FREE Adult Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM							
6:00 AM	Cardio Mix (Gym)		Cardio Mix (Gym)				
7:00 AM							
8:00 AM						8:30 AM Cardio Step (Gym) 8:30-9:30 am	
9:00 AM	Women's Drop-In Basketball (Gym) Pilates (MPR B)	Total Body Conditioning/ Cardio Blast (Gym) ends at 10:30	Cardio Mix (Gym)	Total Body Conditioning/ Cardio Blast (Gym) ends at 10:30	Zumba (Gym) 8:55-9:55 am	9:00 AM Will Power & Grace	
10:00 AM	Stretch & Movement (Gym) 10:05 am	10:30 AM AOA Circuit Train.	Stretch & Movement (Gym) 10:05am	10:30 AM AOA Circuit Train.	Stretch & Movement (Gym) 10:05am	10:15 AM Yoga (MPR B) ends at 11:30 am	Yoga (MPR B) ends at 11:15 am
11:00 AM	AOA Aerobics (Gym)	(Fitness/Gym) ends at 11:30 am	AOA Aerobics (Gym)	(Fitness/Gym) ends at 11:30 am			
12:00 PM	Adult Drop-In Basketball (Gym)	Adult Drop-In Basketball (Gym)	Adult Drop-In Basketball (Gym) Yoga (MPR B)	Adult Drop-In Basketball (Gym)	Adult Drop-In Basketball (Gym)		
1:00 PM							*Flex-open gym
2:00 PM						*Flex-open gym	
3:00 PM							
4:00 PM		4:30 PM Teen Circuit Training (Fitness) ends at 5:30 pm		4:30 PM Teen Circuit Training (Fitness) ends at 5:30 pm			4:00 PM Closed
5:00 PM		5:30 PM Adult Circuit Training (Fitness) 5:30-6:30 pm Yoga/Pilates		5:30 PM Adult Circuit Training (Fitness) 5:30-6:30 pm		5:00 PM Closed	
6:00 PM	Cardio Strength (Gym)	Fusion (MPR B) 5:45-7pm	5:45 PM Pilates (MPR B)		Yoga (MPR B) ends at 6:45 pm	6:00 PM *Flex-open gym	
7:00 PM	Zumba MPR (A)		6:00 PM NIA (Gym)	Adult Drop-In Volleyball (Gym) 6:15-7:30 pm			
8:00 PM	Adult Drop-In Basketball (Gym) ends at 9:20 pm		Yoga (MPR B) ends at 8:15 pm		Adult Drop-In Basketball (Gym) ends at 9:20 pm		
9:00 PM			Adult Drop-In Basketball (Gym) ends at 9:20 pm				
9:30 PM	Closed	Closed	Closed	Closed	Closed		

Northeast Community Center

MPR - Multi-Purpose Room



1630 NE 38th Ave
Portland, OR 97232
503.284.3377

*Flex-open gym may have rentals scheduled-Please check with the front desk before coming in.

NECC FREE ADULT GROUP FITNESS CLASS DESCRIPTIONS

Cardio Mix: Mix up your cardio workout. In this class you will get your heart rate up working out in a variety of cardio formats, including step, floor aerobics, and intervals. All levels welcome.

Cardio Step: This class involves moving on and around an elevated step bench, to get the heart rate up. Step is optional; workout includes warm-up and cool down. All levels of fitness are welcome.

Cardio Strength: Using a variety of different cardio formats including but not limited to step, floor aerobics, and interval training, and using various resistance equipment and techniques, you will get your heart pumping and strengthen your muscles all in one workout.

Circuit Training: By utilizing the resistance machines in this full body workout, you'll gain strength, lean muscle mass, and keep your metabolism revved up. (one-hour equipment orientation is a prerequisite for this class)

NIA: Created in 1983, NIA was the first cardio workout to combine martial arts and dance into an energetic, mind-body-spirit exercise program. Typically done in bare feet, NIA uses non-impact aerobics movements to increase energy, strength, flexibility and agility.

Pilates: Developed in the 1920's by Joseph Pilates, this class is designed to strengthen core muscles to improve posture, alignment, flexibility and breathing. Time spent on the mat is anything but rest time!

Stretch and Movement: This class develops strength, flexibility and suppleness by combining ballet, yoga & Pilates to keep your body moving. Focus is on range-of-motion, balance and strength.

Total Body Conditioning/Cardio Blast: This 90 min. class utilizes resist-a-bands, free weights and steps for a muscle-toning, energetic workout. The last 30 min. is a cardio workout.

Will Power and grace This class is the cardiovascular solution for Pilates and yoga practitioners. All you need is your body weight and your bare feet! The workout, based on a functional training philosophy, is a fusion of dance principles, plyometrics and old school calisthenics.

Yoga: Derived from the Sanskrit word for "union" Yoga unites mind-body-spirit. Hatha yoga incorporates breath with movement, developing focus and calm while building strength, flexibility, balance and endurance by flowing through and holding postures "asanas". Teachers provide participants options to individualize "practice". See the yoga/Pilates schedule flyer for descriptions of specific classes.

Yoga/Pilates Fusion: All the best from Yoga and Pilates in one class. The emphasis is on building a strong and flexible core, while flowing through stretching, strengthening and endurance sequences for a total body session.

Zumba: A dynamic fitness program that fuses Latin rhythms, with easy to follow moves based on Latin and other international dances and fitness workouts. Upbeat, fun cardio and full body muscle toning.