

# Northeast Community Center

1630 NE 38th Ave, Portland, OR 97232 || 503.284.3377

## Fall Session August 29 to Oct. 24th, 2010 Gym Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Open gym	Open gym	Open gym	Open gym	Open gym		
6:00 AM	Cardio Mix (6:00-7:00)		Cardio Mix (6:00-7:00)				
7:00 AM	Open gym		Open gym				
8:00 AM							
9:00 AM	Women's B-Ball (9:00-9:55)	Total Body Cond. Cardio Blast (9:00-10:25) Circuit Training (10:30-11:25) Open/gym	Cardio Mix (9:00-9:55)	Total Body Cond. Cardio Blast (9:00-10:25) Circuit Training (10:30-11:25) Open/gym	Zumba (9:00-9:55)	Cardio Step (8:30-9:30)	Open gym
10:00 AM	Stretch & Move (10:05-11:00)		Stretch & Move (10:05-11:00)		Stretch & Move (10:05-11:00)		
11:00 AM	AOA Aerobics (11:00-11:45)		AOA Aerobics (11:00-11:45)		Adult Basketball (11:00-1:30)		
12:00 PM	Adult Basketball (11:50-1:30)		Adult Basketball (11:50-1:30)		Adult Basketball (11:50-1:30)		
1:00 PM	Open gym **	Open gym **	Open gym **	Open gym **	Open gym **	***Flex Open gym	***Flex Open gym
2:00 PM							
3:00 PM							
4:00 PM		Girls Strength (3:30-6:00) 9-28th to 11-30th	Soccer (3:30-4:30)	Volleyball (4:00-5:00)	***Flex Open gym		
5:00 PM			Soccer (4:30-5:30)				
6:00 PM			Open				
6:00 PM	Cardio/Strength (6:00-7:00)	Women's Strength (5:30 to 9:15) 9-7th to 9-21st	NIA (6:00-7:00)	Adult Volleyball (6:15-7:30)	***Flex Open Gym = Rentals may be scheduled during this time		
7:00 PM	Tai Chi (7:00-8:30)		Open				
8:00 PM	9-13th to 10-24th Adult Basketball (8:30-9:20)		Adult Basketball (8:00-9:20)	Adult Aikido (8-9:15pm)			Adult Basketball (8:30-9:20)
9:00 PM				Open			
9:30 PM	Closed	Closed	Closed	Closed	Closed		