

# GROUP EXERCISE SCHEDULE

COURTSPORTS EUGENE

Effective June 11th



STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	<b>CYCLE</b> Dawnaelle	<b>STRENGTH</b> Dawnaelle	<b>CYCLE INTERVALS</b> Dawnaelle				
8am	<b>YOGA</b> Andrea	<b>WEIGHTS/PILATES COMBO</b> Dawnaelle	<b>CARDIO CONDITIONING</b> Dawnaelle	<b>POP PILATES</b> Lila	<b>YOGA</b> Andrea		
9am	<b>CYCLE</b> Erin	<b>POWER HOUR</b> Erin	<b>YOGALATES</b> Erin	<b>POWER HOUR</b> Erin	<b>ZUMBA®</b> Jesse	<b>HATHA YOGA</b> Lila 8:30	<b>CYCLE</b> Dawnaelle 9:00
10am	<b>CARDIO FIT</b> Dawnaelle		<b>BONES &amp; BALANCE +</b> Erin		<b>YOGALATES</b> Erin	<b>SD KICKBOX</b> Teri 9:30	
11am					<b>GENTLE YOGA</b> Louise	<b>STRENGTH</b> Teri 10:30	
12:00pm	<b>ZUMBA®</b> Jesse		<b>ZUMBA®</b> Jesse			<b>ZUMBA®</b> Jesse 11:30	
5:30pm		<b>VINYASA YOGA</b> Nikki	<b>SD KICKBOX</b> Teri	<b>HATHA YOGA</b> Glen			
6:30pm	<b>STRENGTH</b> Teri	<b>CYCLE</b> Teri	<b>STRENGTH</b> Teri	<b>ZUMBA®</b> Jesse			

Classes meet for 55 minutes unless otherwise specified  
\*Express class: 30 minutes



Although classes are created to meet specific fitness needs, level modifications are offered!

POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am	<b>AQUA FIT</b> Renee		<b>AQUA FIT</b> Karen		<b>AQUA FIT</b> Karen	
9:15am		<b>AQUA FIT</b> Renee		<b>AQUA FIT</b> Renee		<b>AQUA FIT (9:00)</b> Kendra
5:30pm	<b>AQUA FIT</b> Karen		<b>AQUA FIT</b> Karen			

# GROUP EXERCISE CLASS DESCRIPTIONS



541.687.2255  
www.courtsportsac.com

## AEROBIC CLASSES

**CYCLE** - The ultimate biking experience combined with high energy music for extra motivation. Reserve a bike up to 2 days in advance with the Service Desk.

**CYCLE INTERVALS** - A variety of drills and intervals make up this fun but challenging class, perfect for all fitness levels.

**SD KICKBOX** - Martial Arts and Self Defense techniques meet cardio interval training for an energetic total body workout. May include simple stick work.

**ZUMBA®** - An energetic, fun, FAST paced dance workout with exciting and unique Latin moves.

## STRENGTH & CONDITIONING

**STRENGTH** - Free weight and body weight training with low reps and high sets specifically designed to improve strength.

**POWER HOUR** - High energy workout that combines an easy, yet effective cardio routine interlaced with weights and resistance for total body conditioning.

**POP Pilates** - Combines dance choreography with Pilates moves for an intense total body workout that is FUN and effective. We will put the CORE in coordination while also working our legs, arms, backs and booties! You will leave feeling sweaty, strong and ready to take on MORE.

\*This class is perfect for all exercisers and can be easily modified.

## SENIOR CLASSES

**BONES & BALANCE +** - Designed to include weight bearing activities which encourage development of muscle strength and power as well as promote dynamic balance to help maintain bone density and prevent falls in older adults.

**GENTLE YOGA** - Simple yoga poses modified using a chair.

**CARDIO FIT** - A variety of exercises including low impact aerobics along with weighted and resistance movements designed to increase muscular strength, range of movement and activity for daily living skills.

**CARDIO CONDITIONING** - This low impact cardio class is focused on conditioning the body and mind while improving balance for daily activities.

**WEIGHTS/PILATES COMBO** - The first 30 minutes of this class will include a variety of weighted exercises designed to strengthen the body while promoting balance. The class will conclude with 25 minutes of Pilates-based mat exercises, focused on strength, flexibility, and control of breath.

## MIND & BODY

**VINYASA YOGA** - A fast-paced, fluid class linking breath and movement which promotes strength and flexibility.

**HATHA YOGA** - Gentle stretching and strengthening static poses to promote flexibility and relaxation.

**YOGALATES** - The dynamic stretching techniques of yoga combined with the core stabilization and strengthening of Pilates.

Classes averaging fewer than 8 participants may be subject to change in format or cancellation.  
Have questions or want to see a new format? Contact Sam Miles at 541-687-2255 or [sam.denner@gmail.com](mailto:sam.denner@gmail.com).

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