

GROUP EXERCISE SCHEDULE

COURTSPTS EUGENE

Effective April 30th



STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	CYCLE Dawnaelle	STRENGTH Dawnaelle	CYCLE INTERVALS Dawnaelle				
8am	YOGA Andrea	Tuesday, Wednesday, Thursday 8am classes will be BACK as soon as possible!			YOGA Andrea		
9am	CYCLE Erin	POWER HOUR Erin	YOGALATES Erin	POWER HOUR Erin	ZUMBA® Jesse	HATHA YOGA Amber 8:30	CYCLE Dawnaelle 9:00
10am	CARDIO FIT Dawnaelle	GENTLE YOGA Joyce	BONES & BALANCE + Erin	CARDIO FIT Joyce	YOGALATES Erin	SD KICKBOX Teri 9:30	
11am					GENTLE YOGA Louise	STRENGTH Teri 10:30	
12:00pm	ZUMBA® Jesse		ZUMBA® Jesse			ZUMBA® Jesse 11:30	
5:30pm		VINYASA YOGA Nikki	SD KICKBOX Teri	HATHA YOGA Glen			
6:30pm	STRENGTH Teri	CYCLE Teri	STRENGTH Teri	ZUMBA® 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	AQUA FIT Renee		AQUA FIT Karen		AQUA FIT Karen	
9:15am		AQUA FIT Renee		AQUA FIT Renee		AQUA FIT (9:00) Kendra
5:30pm	AQUA FIT Karen		AQUA FIT 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.

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.

MIND & BODY

CORE & FLEXIBILITY - A class focused on core awareness, functional movement, and mindfulness, with an intention to bring balanced strength, flexibility and stability to the mind and 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.

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.

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.