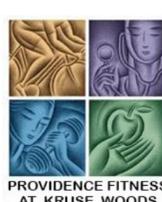


Unlimited Virtual Classes
\$30/month—Take as many classes as you like

Registration Questions:

Call 503-216-6606



PROVIDENCE FITNESS AT KRUSE WOODS

Providence Fitness at Kruse Woods Virtual Group Exercise Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 am	Yoga Flow (Jaclyn)	Strength & Sculpt (Becca)	Yoga Flow (Jaclyn)		Yoga Flow (Jaclyn)
8:30 am			Cardio/Yo (Diane)		
10:00 am	L.I.F.T and Balance (Diane)				Strength & Sculpt (Becca)
11:00 am	Beginner's Better Bones & Balance (Mana)	Better Bones & Balance (Mana)		Better Bones & Balance (Mana)	Beginner's Better Bones & Balance (Mana)
11:15 am		Boot Camp (Alyssa)		Boot Camp (Alyssa)	
12:00 pm		Core Training (Alyssa)		Core Training (Alyssa)	
1:30 pm				Strength & Sculpt (Alyssa)	
2:00 pm		Yoga Chair (Diane)			
2:30 pm	Boot Camp (Melissa)				
3:45 pm	Strength & Sculpt (Melissa)	Boot Camp (Alyssa)	Strength & Sculpt (Melissa)	Boot Camp (Alyssa)	
4:45 pm			Boot Camp (Melissa)		
5:30 pm	MELT Method (Lori)	Pilates (Lori)	MELT Method (Lori)		Melt Method (Lori)
6:30 pm			Yoga for Relaxation (Deb)		

Class Description

Strength & Sculpt: This 45-minute, moderately-aerobic, low impact strength training class targets your muscles from head to toe with the focus of getting stronger while toning your muscles. Balance will also be incorporated into the workout. This fun class will use a variety of equipment and each workout will be different to reach your fitness goals.

Boot Camp: Each 45-minute session is designed for MAXIMUM caloric burn in the shortest amount of time. You'll focus on **intense strength and conditioning** with sessions changing each week to keep your body from plateauing. Each class is also individually designed for **beginners and fitness enthusiasts** alike.

Cardio/Yo: This 60-minute class blends the best of the wellness world. Part of the benefit is the stress relief: 30-40 minutes of low-impact movement for heart health; the remaining 20-25 minutes consists of standing Yoga poses with light weights for strengthening and toning. Combined together helps burn off the tension in your body even more.

L.I.F.T. and Balance (Low Impact Functional Training): This 60-minute class with Diane is a fun, low impact cardio workout, combining dynamic, continuous standing movement. Strengthening with tubing and light weights will be utilized within the hour.

Better Bones & Balance: Balance and strength exercises to **lessen your chances of bone density loss and reduce your risk of falls.** Classes are designed to gradually improve balance and strength to avoid falls and maintain independence. Whether active or more sedentary, exercises are modified to suit any fitness level. BBB classes are 45 minutes long.

Beginner's Better Bones & Balance: Class structure is the same as Better Bones & Balance but designed for those starting out and includes more one-on-one coaching. BBB classes are 45 minutes long.

Core Training: Core Training is the foundation for all human movement! This is 30-minute floor-based class focuses on strengthening and stretching the muscles of the abdominal, pelvic, glutes, hip and lower-back. Each exercise is done in 30-second intervals. **You'll be stronger for taking on the challenge!**

MELT Method: This 60-minute class consists of stretching, toning, and controlling. Improve balance and coordination. Uses MELT techniques to prepare the body to move into alignment gaining precision with Pilates poses and exercises. Use of MELT rollers & balls help restore and support body's connective tissue. **Lori will open Zoom up at 5:15 for any questions. Please check in at 5:25 and class will begin promptly at 5:30pm**

Pilates: This is a 60-minute Beginner Pilates class with intermediate options. Similar to Yoga, Pilates concentrates on posture, balance and flexibility. Strengthening the body with emphasis on core strength is also incorporated. This helps to improve general fitness and overall well-being. Pilates is suitable for beginners and those who already exercise regularly.

Yoga Flow: This 60-minute class brings both floor and standing postures together with the breath creating the 'flow' of Yoga. By moving from one pose to the other, you will build strength and balance. Improved flexibility and alignment will leave you feeling energized!

Yoga Chair: This 60-minute class incorporates traditional Yoga poses, stretching, and resistance exercises with a chair. Class is designed for those unable to stand for extended periods of time and/or people unable to move from standing to seated positions on the floor. class.

Yoga for Relaxation: Through these centuries-old techniques of deep breathing and stretching, you can feel more in control of your body, reduce your level of stress, and improve your sense of well-being. This is a 60-minute class with Deb.