



# Marshall Group Exercise Schedule

No class entry 5 minutes after start time.

Revised 7.1.2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:45-8:45 a.m. <b>Mat Pilates</b> Tina		7:45-8:45 a.m. <b>Mat Pilates</b> Tina		8:05-8:55 a.m. <b>Cycle</b> Barbara
9:05-10 a.m. <b>Step &amp; Strength</b>	9:30-10:25 a.m. <b>ZUMBA® GOLD</b> Rhiannon	9:05-10 a.m. <b>Step, Pump &amp; Jump</b> Tammy	9:05-9:50 a.m. <b>ZUMBA® GOLD</b> Tiffany	9:05-10 a.m. <b>Step &amp; Strength</b> Jennifer	9-9:55 a.m. <b>Step &amp; Strength</b> Jennifer
10:15-11:10 a.m. <b>Low Impact**</b> Jennifer	10:30-11:15am <b>Power Qi Gong</b> Jeremy	10:15-11:10 a.m. <b>Low Impact**</b> Jennifer	10:15-11:10 a.m. <b>Mindful Movement</b> Tina	10:15-11:10 a.m. <b>Low Impact**</b> Jennifer	
11:30 a.m.-12:15 p.m. <b>Chair Fitness</b> Janne	11:30 a.m.-12:15 p.m. <b>Chair Yoga</b> Tina	11:30 a.m.-12:15 p.m. <b>Chair Fitness</b> Janne	11:30 a.m.-12:15 p.m. <b>Chair Yoga</b> Tina		10:15-11:15 p.m. <b>Mat Pilates</b> Barbara
1-2 p.m. <b>Yoga</b> Mary	1-2 p.m. <b>Tai Chi for Better Health</b> Jackie		1-2 p.m. <b>Gentle Yoga</b> Katy	1-2 p.m. <b>Tai Chi for Better Health</b> Jackie	
				2:15-3:15 p.m. <b>Tai Chi Chuan</b> Jackie	
	4:25-5:20 p.m. <b>Fit Happens</b> Katrina	4:25-5:20 p.m. <b>Total Conditioning</b> Katrina	4:25-5:20 p.m. <b>Fit Happens</b> Katrina		
5:30-6:25 p.m. <b>Step &amp; Strength</b> Tiffany	5:30-6:25 p.m. <b>ZUMBA®</b> Andrew				
6:30-7:30 p.m. <b>Mat Pilates</b> Barbara	6:30-7:30pm <b>\$ Women's Self-Defense</b> Jeremy	6:30-7:30 p.m. <b>Mat Pilates</b> Barbara	6:30-7:30 p.m. <b>ZUMBA®</b> Andrew		

## Fee Based Classes in Oak/Elm or Luepke Community Rooms

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		4-5 p.m. <b>\$ Line Dance</b> Andy	
		5:30-6pm <b>Ballet Point</b> Patty	
		6-7:30pm <b>\$ Adult Ballet II</b> Patty	

## Descriptions and details on the following page

\*\* Pick up a tag up to 30 minutes prior to class to hold your spot.

**\$** Fee – based classes. Register in advance. Call **360-487-7100** or visit [cityofvancouver.us/activities](http://cityofvancouver.us/activities).

Classes may be canceled at any time. In the event of inclement weather please call **360-487-7065**.

# Group Exercise Class Descriptions

Classes held in the Aerobics/Dance Studio unless otherwise noted

**Chair Fitness:** Strength, flexibility and balance exercises using balls, bands and hand weights. A chair will be used for support and balance. Bring water and comfortable clothing.

**Chair Yoga:** A modified class done from a chair and in standing positions. Breathing, stretching, core strength, balance and muscular strength and endurance are the focus of this class. Ends with a relaxation period.

**Cycle:** Low-impact, high intensity workout on the stationary bike to get your heart racing.

**Fit Happens:** This class incorporates cardio and muscle conditioning to improve strength, endurance and balance.

All levels welcome

**Gentle Yoga:** Take time out of your day to restore balance, strengthen your body and increase flexibility. Includes traditional yoga poses that emphasize breathing, relaxation and calming of the mind.

**Low-Impact:** Low-impact and high energy cardiovascular workout for beginners and seniors. Strength work is incorporated through a variety of equipment.

**Mat Pilates:** Mat class designed to build strong, lean muscles while improving balance, core strength, coordination, flexibility and posture. This mind-body class emphasizes proper alignment and technique.

**Mindful Movement:** You'll feel great with a full body-mind program that includes yoga, weights, low-impact aerobics and balance. Finish on the floor with core work, gentle stretching and final relaxation.

**Power Qi Gong:** Conditioning using breathing and intention. Strengthening the whole body with isometrics and gentle flow.

**Step and Strength:** Use the step for a great cardio workout that focuses on legs and core, adding exercises for muscle strength.

(All levels)

**Step, Pump and Jump:** Challenge yourself with a variety of cardio, strength, interval and functional training. We will use items such as step, stability balls, bands, bars and free weights. A full body workout! (All levels.)

**Tai Chi for Better Health:** Improve your life, well-being, breathing and balance with simple Yang Style Tai Chi movements. Tai Chi is a whole body exercise that integrates the body and mind, imparting tranquility. This guided program is suitable for both beginners and experienced.

**Tai Chi Chaun:** Advance your practice Style Tai Chi with the Yang Long Form, which consists of approximately 108 moves. Experience with the Yang Short Form is recommended.

**Total Conditioning:** Boost metabolism, burn calories and build muscle with cardio, functional strength exercises and endurance training. All levels are welcome.

**Yoga:** Using a system of flowing postures and conscious breathing, this class will help you improve your balance, strength and flexibility. Build on basic poses with relaxation exercises to alleviate stress.

**Zumba®:** Ditch the workout, join the party! Unique and creative Latin low-impact class that incorporates merengue, salsa, cumbia, samba, and calypso. You could burn up to 500 calories in one hour. All levels.

**Zumba® Gold:** endorsed by Silver&Fit. Beginning and intermediate levels are welcome.

## Fee Based Classes

**\$Line Dance:** Kids 10+ with adult. Dance to upbeat music without a partner. Leather sole shoes recommended.

Easy to learn basics such as shuffle, ball change and step-heel/heel-step.

**\$Ballet II:** Ages 15+. Advanced beginner to intermediate. Classic ballet barre and center. Dancers are challenged according to the level of their experience.

**\$Ballet Pointe:** Ages 12+. For Students with proper background and teacher's approval.

**\$Women's Self -Defense:** Learn basics of awareness and techniques to escape an attacker. Class is aerobic and high contact.



Marshall Community  
Center