



Marshall Group Exercise Schedule

No class entry 5 minutes after start time.

Revised 3.15.2024

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

Fee Based Classes in Oak/Elm or Luepke Community Rooms

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
11:30 a.m.-12:30 p.m. \$ Beg. Adult Tap Jennifer			
		4-5 p.m. \$ Line Dance Andy	
4:45-5:45 p.m. \$ Ballet II, Ages 8-12 Patty		5-5:45 p.m. \$ Ballet 1, Ages 6-10 Patty	
5:45-7:15 p.m. \$ Adult Ballet II Patty		5:45-7:15 p.m. \$ Adult Ballet III 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.

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

\$ATR Fitness: A movement class specifically for citizens with cognitive or physical disabilities.

\$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 I: Ages 6-10. Basic ballet barre and center technique for beginners.

\$Ballet II: Ages 8-12. A continuation of Ballet I with more emphasis on placement. Instruction on individual steps, jumps and turns.

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

\$Ballet III: Ages 15+. Intermediate to advanced classical ballet for adults. Dancers are challenged according to the level of their experience.

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



Marshall Community
Center