



# Group exercise class schedule

For questions contact Ryan or Emma in the Wellness Coordinators' office  
 (rninman@capitalmanor.com, egould@capitalmanor.com, or @ (503) 375-5905)

Monday	Tuesday	Wednesday	Thursday	Friday
Water Aerobics (8:45am-9:30am)	Core Balance (9:00am-9:30am)	Water Aerobics (8:45am-9:30am)	Core Balance (9:00am-9:30am)	Water Aerobics (8:45am-9:30am)
Prime Fit (9:45am-10:30am)	Strong Bones (9:30am-10:00am)	Prime Fit (9:45am-10:30am)	Strong Bones (9:30am-10:00am)	Prime Fit (9:45am-10:30am)
Functional Fitness (10:30am-11:00am)	Fit Circuit (10:30am-11:00am)	Functional Fitness (10:30am-11:00am)	Fit Circuit (10:30am-11:00am)	Functional Fitness (10:30am-11:00am)
Yoga with Stacey (3:45pm-4:30pm)	Advanced Tai Chi with George (2:00pm-2:45pm)	"BIG" Parkinson's Class (2:15pm-2:45pm)	Beginner Tai Chi with George (2:00pm-2:45pm)	
		Yoga With Stacey (3:45pm-4:30pm)		



# Class Descriptions



**Water aerobics:** class emphasizing muscle toning, stretching, and cardiovascular exercise. Utilizes the water for resistance. A great class for improving balance and coordination.



**Tai Chi:** involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Great for building strength and improving balance.



**Core Balance:** Focus on building abdominal muscles. Using body weight and a large stability ball, there is a mix of exercises geared to build core strength. Added core strength helps alleviate back pain and can improve balance.



**Strong Bones:** Class designed to maintain and develop bone health using low impact movements, light resistance and gentle stretching. This class has a focus on strengthening and improving range of motion in the hips, legs, and wrists.



**Functional Fitness:** This light aerobics class is designed to increase flexibility, strength and endurance. The exercises are done seated with the use of a ball and dumbbells.



**Prime Fit:** Class designed to increase balance, coordination, muscular strength and cardiovascular endurance. Class is spent standing and moving around while performing exercises with body weight, balls, and dumbbells.



**Parkinson's:** Join us in this 45 minute class designed to include big exaggerated movements and periods of high intensity intervals, all aimed to help alleviate the movement patterns that can change throughout your journey of Parkinson's.



**Line Dancing:** Dancers learn basic steps, rhythms and routines choreographed to music, thereby improving memory and balance.



**Yoga:** Gentle yoga postures, gentle movement sequences, breath work, supported silent meditation, and guided relaxation to support increased awareness and mindfulness of the breath and body, and quieting of the nervous system.



**Fit Circuit:** is a great way to get a quick, high intensity workout in. Transitioning from station to station, you will attain a 30 minute workout focused on balance, cardio, and strength.