

# Excell Fitness

## February 2018

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   | Sunday   |
|---|--|---|--|--|--|--|
|   |  |   | 1<br>5:15-6:00 AM Cycling<br>8:30-9:25 AM Pump<br>9:35-10:45 AM Hatha Yoga<br>11-11:45 AM Zumba Gold<br>4:30-5:15 PM Dirty 30<br>5:30-6:25 PM Pump<br>6:35-7:30 PM Restorative Yoga  | 2<br>8:30-9:30 AM Zumba<br>9:35-10:30 AM Gentle Yoga<br>10:45-11:30 AM SilverSneakers®<br>11:45-12:30 AM SilverSneakers®<br><b>Happy Hour:<br/>Zumba 6-7 PM</b>            | 3<br>8:15-9:15 AM Joy Ride<br>9:30 – 10:30 AM Pump<br>11-11:45 AM Tai Chi  | 4<br>4:15-5 PM Tai Chi<br>5:00-5:45 PM Restorative Yoga  |
| 5<br>5:15-6:10 AM Pump<br>8:30-9:30 AM Zumba<br>9:45-10:30 AM SilverSneakers®<br>10:45-11:30 AM SilverSneakers®<br>11:45-12:30 PM SilverSneakers®<br>4:30-5:15 PM Barre Fusion<br>5:30-6:15 PM Cycling<br>6:30-7:30 PM Zumba  | 6<br>5:15-6:00 AM Cycling<br>8:30-9:25 AM Pump<br>9:35-10:45 AM Hatha Yoga<br>11-11:45 AM Zumba Gold<br>4:30-5:15 PM Dirty 30<br>5:30-6:25 PM Pump<br>6:35-7:30 PM Hatha Yoga  | 7<br>5:15-6:00 AM Barre<br>8:30-9:30 AM Zumba<br>9:45-10:30 AM SilverSneakers®<br>10:45-11:30 AM SilverSneakers®<br>12-12:45 PM SilverSneakers®<br>4:30-5:15 PM Barre Fusion<br>5:30-6:15 PM Cycling<br>6:30-7:30 PM Zumba  | 8<br>5:15-6:00 AM Cycling<br>8:30-9:25 AM Pump<br>9:35-10:45 AM Hatha Yoga<br>11-11:45 AM Zumba Gold<br>4:30-5:15 PM Dirty 30<br>5:30-6:25 PM Pump<br>6:35-7:30 PM Restorative Yoga  | 9<br>8:30-9:30 AM Zumba<br>9:35-10:30 AM Gentle Yoga<br>10:45-11:30 AM SilverSneakers®<br>11:45-12:30 AM SilverSneakers®<br><b>Happy Hour:<br/>Power Yoga 6-7:30 PM</b>    | 10<br>8:15-9:15 AM Joy Ride<br>9:30 – 10:30 AM Pump<br>11-11:45 AM Tai Chi   | 11<br>4:15-5 PM Tai Chi<br>5:00-5:45 PM Restorative Yoga |
| 12<br>5:15-6:10 AM Pump<br>8:30-9:30 AM Zumba<br>9:45-10:30 AM SilverSneakers®<br>10:45-11:30 AM SilverSneakers®<br>11:45-12:30 PM SilverSneakers®<br>4:30-5:15 PM Barre Fusion<br>5:30-6:15 PM Cycling<br>6:30-7:30 PM Zumba | 13<br>5:15-6:00 AM Cycling<br>8:30-9:25 AM Pump<br>9:35-10:45 AM Hatha Yoga<br>11-11:45 AM Zumba Gold<br>4:30-5:15 PM Dirty 30<br>5:30-6:25 PM Pump<br>6:35-7:30 PM Hatha Yoga | 14<br>5:15-6:00 AM Barre<br>8:30-9:30 AM Zumba<br>9:45-10:30 AM SilverSneakers®<br>10:45-11:30 AM SilverSneakers®<br>12-12:45 PM SilverSneakers®<br>4:30-5:15 PM Barre Fusion<br>5:30-6:15 PM Cycling<br>6:30-7:30 PM Zumba | 15<br>5:15-6:00 AM Cycling<br>8:30-9:25 AM Pump<br>9:35-10:45 AM Hatha Yoga<br>11-11:45 AM Zumba Gold<br>4:30-5:15 PM Dirty 30<br>5:30-6:25 PM Pump<br>6:35-7:30 PM Restorative Yoga | 16<br>8:30-9:30 AM Zumba<br>9:35-10:30 AM Gentle Yoga<br>10:45-11:30 AM SilverSneakers®<br>11:45-12:30 AM SilverSneakers®<br><b>Happy Hour:<br/>Restorative Yoga 6-7PM</b> | 17<br>8:15-9:15 AM Joy Ride<br>9:30 – 10:30 AM Pump<br>11-11:45 AM Tai Chi   | 18<br>4:15-5 PM Tai Chi<br>5:00-5:45 PM Restorative Yoga |
| 19<br>5:15-6:10 AM Pump<br>8:30-9:30 AM Zumba<br>9:45-10:30 AM SilverSneakers®<br>10:45-11:30 AM SilverSneakers®<br>11:45-12:30 PM SilverSneakers®<br>4:30-5:15 PM Barre Fusion<br>5:30-6:15 PM Cycling<br>6:30-7:30 PM Zumba | 20<br>5:15-6:00 AM Cycling<br>8:30-9:25 AM Pump<br>9:35-10:45 AM Hatha Yoga<br>11-11:45 AM Zumba Gold<br>4:30-5:15 PM Dirty 30<br>5:30-6:25 PM Pump<br>6:35-7:30 PM Hatha Yoga | 21<br>5:15-6:00 AM Barre<br>8:30-9:30 AM Zumba<br>9:45-10:30 AM SilverSneakers®<br>10:45-11:30 AM SilverSneakers®<br>12-12:45 PM SilverSneakers®<br>4:30-5:15 PM Barre Fusion<br>5:30-6:15 PM Cycling<br>6:30-7:30 PM Zumba | 22<br>5:15-6:00 AM Cycling<br>8:30-9:25 AM Pump<br>9:35-10:45 AM Hatha Yoga<br>11-11:45 AM Zumba Gold<br>4:30-5:15 PM Dirty 30<br>5:30-6:25 PM Pump<br>6:35-7:30 PM Restorative Yoga | 23<br>8:30-9:30 AM Zumba<br>9:35-10:30 AM Gentle Yoga<br>10:45-11:30 AM SilverSneakers®<br>11:45-12:30 AM SilverSneakers®<br><b>Happy Hour:<br/>Zumba Gold 6-7 PM</b>      | 24<br>8:15-9:15 AM Joy Ride<br>9:30 – 10:30 AM Pump<br>11-11:45 AM Tai Chi   | 25<br>4:15-5 PM Tai Chi<br>5:00-5:45 PM Restorative Yoga |
| 26<br>5:15-6:10 AM Pump<br>8:30-9:30 AM Zumba<br>9:45-10:30 AM SilverSneakers®<br>10:45-11:30 AM SilverSneakers®<br>11:45-12:30 PM SilverSneakers®<br>4:30-5:15 PM Barre Fusion<br>5:30-6:15 PM Cycling<br>6:30-7:30 PM Zumba | 27<br>5:15-6:00 AM Cycling<br>8:30-9:25 AM Pump<br>9:35-10:45 AM Hatha Yoga<br>11-11:45 AM Zumba Gold<br>4:30-5:15 PM Dirty 30<br>5:30-6:25 PM Pump<br>6:35-7:30 PM Hatha Yoga | 28<br>5:15-6:00 AM Barre<br>8:30-9:30 AM Zumba<br>9:45-10:30 AM SilverSneakers®<br>10:45-11:30 AM SilverSneakers®<br>12-12:45 PM SilverSneakers®<br>4:30-5:15 PM Barre Fusion<br>5:30-6:15 PM Cycling<br>6:30-7:30 PM Zumba |  | <b>FREE Talks<br/>with Susie!</b><br><br>1-2 PM<br>Group Fitness Room                 | <b>February 10:</b> Meditation<br>Why & How It Works<br><b>February 17:</b><br>Brain Fitness 101<br><b>February 24:</b> Balance<br>Concerns For Older Adults |  |
| <b>EXCELL'S HOURS:</b><br>Mon-Fri 5 a.m. - 10 p.m.<br>Saturday 7 a.m. - 7 p.m.<br>Sunday 7 a.m. - 6 p.m.  | <b>CONTACT INFORMATION:</b><br>Phone: 503.434.5044 / Fax: 503.434.6773<br><a href="http://www.excellfitness.com">www.excellfitness.com</a>                                     |   |  |  |  |  |

## ~ Group-Fitness Class Descriptions ~

**BARRE FUSION** – This full-body strength workout fuses together yoga principles, Pilates movements, and ballet so that we get strong from the inside out! It incorporates a barre (chair), small ball, light hand weights, and/or tubing. All levels of fitness welcome.

**CYCLING**- We simulate cycling on an adjustable stationary bike and ride to music. Classes incorporate heart-rate training techniques, are limited to 17 participants, and can accommodate any level of fitness. Please arrive 10 minutes early to allow for set up and to review the basics. Bring a water bottle. Priority members should reserve their bike in advance.

**DIRTY 30** – After a solid warm up, we'll spend 30 minutes tackling :30 cardio intervals, which will rev our metabolic engine for hours afterwards. With some strength and core sprinkled in for active recovery, this class allows us to work hard at our own level incorporating progressions and modifications where necessary. Then cool down with some muscle lengthening and flexibility.

**HATHA YOGA**- Open to all levels, this class is designed to incorporate pranayama (breathing techniques), safety/alignment in postures, increase flexibility/balance, and develop strength in the muscles and joints. Beneficial for everyone, we invite you to feel challenged, to relax, and to restore the mind and the body.

**JOY RIDE CYCLING** – Start your Saturday with a 60-minute themed ride, based on music selection, terrain, geography, games, and/or training goals. The joy behind this ride is that your mind will have a focus while you work hard and have fun. Please arrive 10 minutes early to allow for set up and to review the basics. Bring a water bottle. Priority members should reserve their bike in advance.

**POWER YOGA**- This class is based on a choreographed sequence of poses (called asanas) that create a flow of energy and synchronized breath. It builds strength, flexibility, and mental focus with the final result being a release of tension. It's taught in a heated room allowing the joints to unwind and muscles to release. Open to all levels.

**PUMP**- This strength class will work every main muscle group in our body and can accommodate all levels of fitness. With fun music and challenging resistance movements, we'll become stronger and leaner. Functional training and balance are incorporated. Arrive at least 10 minutes early to set up.

**RESTORATIVE YOGA** – We spend 30-40 minutes working to restore our shoulders, hips, and back, finishing with a 15 minutes guided meditation. This is a wonderful start or end to our week.

**SILVER SNEAKERS**<sup>®</sup> – Muscular Strength & Range of Movement (MSROM). Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. Class sizes are limited to 30 participants.

**TAI CHI FOR BETTER BALANCE**- Suitable for all ages and levels of fitness, this class consists of 8 forms of Yang style. Let's improve our balance today!

**ZUMBA**<sup>®</sup> – This "fitness party" is a dance revolution that has swept the fitness industry. It fuses easy-to-follow moves with Latin rhythms making us forget we're even exercising. We will burn fat, tone core muscles, and have fun doing it!

**ZUMBA GOLD** <sup>®</sup> -- This class includes all the fun rhythms of regular Zumba, but it caters to a low-impact level at all times. It's excellent for all ages and those new to Zumba and/or fitness.