# Tualatin Hills Park & Recreation District Athletic Center

## Classes Offered by Reservation Only.

**There is No Drop-In Available at This Time.**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tr>
<td><strong>Morning</strong></td>
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<td>9-10 <strong>Yoga, All Levels</strong>&lt;br&gt;Court 3/Outdoors Carolyn</td>
<td>7:30-8:30 <strong>Strength &amp; Endurance</strong>&lt;br&gt;Court 3</td>
<td>9-10 <strong>Tai Chi III</strong>&lt;br&gt;Outdoors Mignon</td>
<td>7:30-8:30 <strong>Strength &amp; Endurance</strong>&lt;br&gt;Court 3 Carolyn</td>
<td>9-10 <strong>Yoga, All Levels</strong>&lt;br&gt;Court 3/Outdoors Carolyn</td>
<td>8:30-9:30 <strong>Strength &amp; Endurance</strong>&lt;br&gt;Court 3 Aja</td>
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<td>10:30-11:30 <strong>Zumba®</strong>&lt;br&gt;Court 3/Outdoors Leah</td>
<td>9-10 <strong>Tai Chi I</strong>&lt;br&gt;Outdoors Mignon</td>
<td>10:30-11:30 <strong>HIGH Fitness</strong>&lt;br&gt;Court 3/Outdoors Katy</td>
<td>10:30-11:30 <strong>Zumba®</strong>&lt;br&gt;Court 3/Outdoors Leah</td>
<td>10-11 <strong>Zumba®</strong>&lt;br&gt;Court 3/Outdoors Alex</td>
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<td>12-1 <strong>Yoga, All Levels</strong>&lt;br&gt;Court 3/Outdoors Lila</td>
<td>10:30-11:30 <strong>Essentrics</strong>&lt;br&gt;Court 3/Outdoors Jeanette</td>
<td><strong>Evening</strong></td>
<td>12-1 <strong>Zumba®</strong>&lt;br&gt;Court 3/Outdoors Alex</td>
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<td>5:30-6:30 <strong>Zumba®</strong>&lt;br&gt;Court 3/Outdoors Parker</td>
<td>4:30-5:30 <strong>HIIT</strong>&lt;br&gt;Court 3/Outdoors Katy</td>
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<td><strong>Yoga, Flow</strong>&lt;br&gt;Court 3/Outdoors Parker</td>
<td><strong>6-7 Yoga, Flow</strong>&lt;br&gt;Court 3/Outdoors Parker</td>
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**For Attending Classes:**

- Please stay home if you are not feeling well.
- Masks are required at all times.
- Wipe down equipment before and after use.
- Maintain 6 feet distance with other participants.

Decals will be in place to mark appropriate spacing for participants in each class.

Towel service will no longer be available.

The fitness schedule is subject to change without notice, please see our website for the most current schedule.

[www.thprd.org](http://www.thprd.org)
Weight Room Hours:

Mon-Fri
7:00AM-7:00PM

Sat-Sun
8:00AM-2:00PM

Personal Training:
Please contact jsmirl@thprd.org if interested in working with a trainer.

Our drop in fitness schedule is open to ages 14 y/o with a teen waiver form filled out.

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Athletic Center Fitness Descriptions

**Essentrics**
Strengthen and stretch every muscle in the body eccentrically, re-balancing the muscular structure in continuous rotational movements.

**HIGH Fitness**
Aerobics is back! Choreographed interval training with intense cardio peaks and toning tracks set to music you know and love!

**HIIT**
HIIT (High Intensity Interval Training) is a cardiovascular exercise class alternating short periods of intense anaerobic exercise with less intense recovery periods. This class will finish with core work and stretching.

**Strength & Endurance**
An interval style workout that includes cardio and strength training for a complete and fun workout.

**Tai Chi I**
For the beginning student. Learn Tai Chi for Better Balance and Yang 8/10 Form.

**Tai Chi II**
For the intermediate student. Learn Yang 16 Form and 24 Yang Form. Not appropriate for beginners.

**Tai Chi III**
For the advanced student. In this class you will learn the 108 Yang Form. Not appropriate for beginners.

**Yoga, All Levels**
This yoga class is perfect for all levels. This well-rounded workout develops flexibility, core strength, balance and inner peace.

**Yoga, Flow**
This dynamic style links breath and movement helping to build strength, stamina and flexibility.

**Zumba®**
Forget the workout, just lose yourself in the music! Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.