



Adult Health & Fitness

Bicycling

Adapted Bike & Equipment Services All ages

Adaptive Recreation Services maintains a unique fleet of adaptive equipment, including all-terrain wheelchairs and bikes such as recumbent trikes, tandems and hand cycles. Individual and group services can be provided to support adaptive recreational equipment needs for people of varying abilities and skill levels, including fittings and rentals. For more information call 541-682-5311 or visit GetRec.org/recadaptive.

All services at Hilyard Community Center

Adapted Bike Assessment & Fitting

Staff assess needs and recommend equipment. Designed for people with limited mobility, disabilities, medical conditions or those who wish to preview equipment before rental or purchase.

Ongoing M-F 9a-5p \$5 By appt
To schedule an appointment call 541-682-5311

Adapted Bike Rental

Available after initial fitting or assessment.

Ongoing	M-F	9a-5p	By appt
\$5/half hour	\$20/half day	\$50/weekend	
\$10/hour	\$40/day		

To schedule an appointment call 541-682-5311

May is Free Bike Month

Free rental is available for 30 minutes to full day after initial fitting or assessment at regular \$5 price.

May 1-31	M-F	9a-5p	Free	By appt
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Adapted Bike Demo Day

Recumbents? Tricycles? Handcycles? Electric assist? Bike share? Try all these at this bike demo. Try out our amazing fleet of bikes for people who can't or don't want to ride standard bike frames. Please register for this free event.

Campbell Community Center				
May 16	Th	1-3p	Free	#27045

Bike Riding for Fun & Fitness

Bike riders depart rain or shine from Campbell Community Center for in-town rides. Helmets are required, but weekly attendance isn't. Electric bikes are welcome to join. Rides vary in length and time depending on ability.

Meet at Campbell Community Center
Ongoing W 10a-12p Free #26008

Family Strider, Rider & Trailer Rides All ages

Celebrate May is Bike Month and our great local bike paths on these two family focused rides. Ride the trails with passengers in tow or all go self-propelled on bikes and striders. If you need to rent a bike, strider or trailer, call 541-682-6358 or email nasher@eugene-or.gov after registration. Bikes, striders and trailers provided by the River House Outdoor Center.

Planets & Playgrounds

Cruise a scale model of the solar system as we bike beside the Willamette River, with stops to play at parks along the way.

Meet at Riverfront Park, 701 E. 8th Ave.
May 5 Su 9-11:30a \$15 #27140

Rails to Trails

See covered bridges, rivers and fine rural landscapes on one of Oregon's designated Scenic Bikeways.

Meet at River House Outdoor Center
May 19 Su 9a-2:30p \$50 #27141

Dance

Azucar Latin Dance Instruction

Azucar was founded in 2010. We love to dance, perform and teach. No partner needed. Not eligible for scholarship.

All classes at Sheldon Community Center

Dominican Bachata, All Levels Ages 16+

Bachata is a partner dance from the Dominican Republic. The music has eight counts like salsa. The instructor will teach a new partner combination each week that participants will be able to incorporate on the dance floor at social dances. The class will be a mix of Dominican and other bachata styles.

Instructor: Juan Garcia
Jan 11-Feb 1 Th 8-9p \$40 #25877
Instructor: Vito Garcia
Apr 4-25 Th 8-9p \$40 #25891
May 30-Jun 20 Th 8-9p \$40 #25998

Bachata Moderna, All Levels Ages 16+

Bachata Moderna is probably the most popular style of bachata in the world with its turn patterns and freestyle moves adopted from salsa and fusion dances. Advance your dancing no matter what your experience level is. We will focus on body movement, footwork, foundational skills, partner work and fun patterns to make your dance dialogues truly enjoyable and effortless.

Instructors: Megan Kitner & Dmitri Iazikov
Feb 8-29 Th 8-9p \$40 #25887

Bachata Choreography Challenge, All Levels Ages 16+

In this class you will learn fun bachata choreography that will hone your dancing skills. It includes individual shines and partner dancing patterns both of which can be used in social dancing.

Instructor: Vito Garcia
Mar 7-28 Th 8-9p \$40 #25889

Bachata Sensual, All Levels Ages 16+

Bachata Sensual is essential for interpretation of modern bachata music by adding body isolation movements that go especially well with slow sections of a song. It builds upon bachata basics used in Dominican Bachata and Bachata Moderna. Learn how to train your body to create a smooth basic step and do striking body isolations, rolls and waves and how to combine those techniques with more traditional bachata moves.

Instructors: Megan Kitner & Dmitri Iazikov
May 2-23 Th 8-9p \$40 #25893

Beginner Son Cubano Ages 16+

Son cubano greatly influenced modern-day Latin dance and music including salsa and timba. This is a partner dance often danced close and "on two" rhythm. No experience or partner needed.

Instructor: Vito Garcia
May 30-Jun 20 Th 7-8p \$40 #25997

Beginner Cuban Salsa (Rueda de Casino) All ages

Rueda de Casino is a fun and interactive dance from Cuba. It is danced in a circle with multiple partner switches and is the perfect way to meet and interact with a variety of new and interesting people. Learn the foundation you need to know to participate in this dynamic group dance. No experience or partner needed.

Instructor: Vito Garcia
Jan 10-31 W 7-8p \$40 #25874
Mar 6-27 W 7-8p \$40 #25881
May 1-22 W 7-8p \$40 #25885

Intermediate Cuban Salsa (Rueda de Casino) All ages

Participants will learn movement combinations and continue to work on leading and following skills in rueda. Participants are ready for this class after attending the beginner rueda series. No partner needed.

Instructor: Vito Garcia				
Jan 10-31	W	8-9p	\$40	#25879
Feb 7-28	W	8-9p	\$40	#25880
Mar 6-27	W	8-9p	\$40	#25882
May 29-Jun 12	W	7-8p	\$30	#25995

Partnered Cuban Salsa (Casino), All Levels Ages 16+

When people dance Cuban salsa as two partners instead of in a group, it is called casino dancing. Participants in this class will learn dance patterns that can be used in couple social dancing. Participants will also improve leading and following techniques. No partner needed.

Instructor: Vito Garcia				
Feb 7-28	W	7-8p	\$40	#25878
Apr 3-24	W	7-8p	\$40	#25883

Beginner Cumbia I Ages 16+

Cumbia is a Latin dance done at salsa clubs and venues where the music has Mexican and Colombian influences. Along with salsa, bachata, merengue, and cha-cha, cumbia rounds out the Latin club dancer's repertoire and will keep them in high demand all night. Cumbia shares the same steps, patterns and rhythm as street-style salsa, only the styling is a little different. Cumbia has a distinctive lilt and grounded look which hint at its roots as a folk dance. No experience or partner needed.

Instructor: Juan Garcia				
Feb 8-29	Th	7-8p	\$40	#25886
Apr 4-25	Th	7-8p	\$40	#25890

Intermediate Cumbia Ages 16+

This series will focus on the continuation of cumbia movement and patterns building from the beginner class. Participants should know the basics of cumbia to attend this class series. No partner needed.

Instructor: Juan Garcia				
Jan 11-Feb 1	Th	7-8p	\$40	#25876
Mar 7-28	Th	7-8p	\$40	#25888
May 2-23	Th	7-8p	\$40	#25892

Calling Ruedas, Intermediate Ages 16+

Have you ever wished someone would call a rueda at a social dance? Now you can be the caller! Participants will learn how to call wheels and how to choose moves to call based on the characteristics of the song. Need to be at beyond-beginner level. No partner needed.

Instructor: Vito Garcia				
May 29-Jun 12	W	8-9p	\$30	#25996

Intermediate Salsa Suelta Choreography All ages

This choreography class (with an opportunity to perform at the end) focuses on solo salsa footwork, patterns and styling that will improve your coordination and musicality. While there will be an emphasis on feminine styling techniques, this class is open to all gender identities. Need to know basic Cuban salsa footwork as it will not be taught in this class. No partner needed.

Instructor: Colette Ramirez				
Apr 3-May 22	W	8-9p	\$80	#25884

Ballet Barre & Center Ages 16+

Learn the fundamentals of ballet through barre, center and across-the-floor exercises helping to gain flexibility and strength. Each class is unique to the participants. All levels welcome.

Petersen Barn Community Center				
Instructor: Jay Hall Schnurppusch				
Jan 8-Mar 11	M	5:30-6:45p	\$60	#26723
Apr 1-Jun 10	M	5:30-6:45p	\$75	#26724
Jan 10-Mar 13	W	5:15-6:30p	\$75	#26749
Apr 3-Jun 12	W	5:15-6:30p	\$83	#26750
No class Jan 15, Feb 19, May 27				

Ballet Barre & Stretch

This is a beginning ballet barre class with an emphasis on strength, flexibility and fundamental technique. All levels welcome.

Amazon Community Center				
Instructor: Ashley Villanueva				
Apr 5-May 24	F	10:45-11:45a	\$48	#27144
Petersen Barn Community Center				
Instructor: Jay Hall Schnurppusch				
Jan 11-Mar 7	Th	1:45-2:45p	\$45	#26127
Mar 14-May 23	Th	1:45-2:45p	\$50	#26128
No class Mar 28				

Try Ballet Barre & Stretch for Free

Part of free fitness week. Registration required.

Petersen Barn Community Center				
Jan 4	Th	1:45-2:45p	Free	#26493

Bhangra Dance

Discover the fusion of Punjabi tradition and Western beats in Bhangra dance. Learn the basics of this energetic North Indian folk dance, with a hint of Bollywood flair. Taught by an experienced instructor with over 30 years of teaching and performing. Enjoy an invigorating workout, exciting moves and addictive music. Get ready to sweat and have a blast.

Amazon Community Center				
Instructor: Sat Pavan Khalsa				
Apr 2-May 21	Tu	5:45-6:45p	\$52	#26679



Dance Fitness

Come to class to get a workout while having fun doing a variety of dance styles and moves.

Sheldon Community Center
 Instructor: Steph Young
 Mar 4-25 M 5:30-6:45p \$20 #26637
 Apr 29-May 20 M 5:30-6:45p \$20 #26638

Fitness & All That Jazz 🎵

Feel the beat and get moving to a healthier you. This is a dance-fitness class for all skill levels. Move to music from the '60s to today, rock to jazz and disco to Broadway. And while you're having fun moving to the music, you'll also be building strength, flexibility and balance.

Petersen Barn Community Center
 Instructor: Jay Hall Schnurrrpusch
 Jan 22-Mar 18 M 2-3p \$40 #26500
 Apr 1-May 20 M 2-3p \$40 #26502
 No class Feb 19

Try Fitness & All That Jazz for Free

Part of free fitness week. Registration required.

Petersen Barn Community Center
 Jan 8 M 2-3p Free #26505

Folk Dance with a Flair Ages 30+

This is an open invitation to try international folk dancing. Learn and enjoy dances from all around the world. Stay young and keep fit. No experience required. New dancers are always welcome. No partner needed.

Campbell Community Center
 Ongoing M 1-2:30p #25868
 Term fee \$4 or drop-in \$0.25/day
 No dance Jan 1, 15, Feb 19, May 27

Hip-Hop Ages 14+

All experience levels, bodies and genders are welcome. This class will explore set hip-hop sequences as a group and guided free-flow explorations individually. Come develop your moves in a safe space allowing you to express yourself and feel confident. Sneakers are suggested.

Sheldon Community Center
 Instructor: Steph Young
 Mar 4-25 M 7-8p \$20 #26635
 Apr 29-May 20 M 7-8p \$20 #26639

Irish Céili Dance

Céili (pronounced "kay-lee") is a traditional social dance from Ireland. It's related to contra and square dance, but a little faster and danced to Irish music. Very beginner-friendly, no partner required.

Amazon Community Center
 Instructors: Griffin Fickes & Shannon Brown
 Jan 9-Mar 19 Tu 7:30-9p \$50 #25993
 Apr 2-May 28 Tu 7:30-9p \$45 #25994
 No class Mar 5

Line Dance 🎵

Line dancing is good exercise for your brain, can help with balance and is low impact on your joints. Meet new people and have fun while exercising to a variety of music. Wear loose, breathable clothing and shoes that will slide on the floor. No partner necessary.

Campbell Community Center
 Beginning
 Instructor: Kate Cleary
 Jan 11-Mar 14 Th 2:30-3:30p \$50 #26687
 Mar 28-May 30 Th 2:30-3:30p \$50 #26688
 Improver/Intermediate
 Instructor: Mary Wall
 Jan 2-Feb 27 Tu 2:30-3:30p \$40 #27084
 Mar 26-May 21 Tu 2:30-3:30p \$35 #27085
 No class Jan 23, Apr 2, 9

Modern Dance Ages 16+

This class will focus on the fundamentals and techniques of modern dance. Modern dance is the rebellious younger sibling of ballet. Learn the rules to break through flowy and full movement that extends through the whole body. Explore structured and improvised movement in a supportive environment while gaining flexibility and grace. All levels welcome.

Petersen Barn Community Center
 Instructor: Jay Hall Schnurrrpusch
 Jan 9-Mar 12 Tu 5:30-6:45p \$75 #26731
 Apr 2-Jun 11 Tu 5:30-6:45p \$83 #26734



Partner Dance

Learn the basic techniques for couples dancing in the basics class. Build your repertoire and gain confidence on the dance floor in a fun and welcoming environment. The patterns class will cover short sequences of dance moves that are fun and add variety to all types of partner dancing.

Sheldon Community Center
Instructor: Sam Bucher

Partner Dance, Basics

Learn the basic techniques for couples dancing. Swing, foxtrot, waltz, cha-cha and more set to popular music. Build your repertoire and gain confidence on the dance floor in a fun and welcoming environment. Partner required.

Jan 9-Feb 20	Tu	6-7:15p	\$42	#25898
Feb 27-Apr 9	Tu	6-7:15p	\$42	#25899
Apr 16-May 28	Tu	6-7:15p	\$42	#25900

Partner Dance, Patterns

This class will cover short sequences that are fun and add variety to all types of partner dancing. These patterns are designed to fit the phrasing of most dance music no matter what the genre. This is an intermediate class and prior experience with social dance is a prerequisite. Partner required.

Jan 9-Feb 20	Tu	7:30-8:45p	\$42	#25901
Feb 27-Apr 9	Tu	7:30-8:45p	\$42	#25902
Apr 16-May 28	Tu	7:30-8:45p	\$42	#25903

Tap Dance

Learn the basics of modern tap with drills and short dances in this fun and easy class. All are welcome regardless of ability. Open to all ages where the focus is on fun exercise to music.

Petersen Barn Community Center
Instructor: Jay Hall Schnurpusch

Jan 8-Mar 18	M	9:30-10:30a	\$45	#26123
Apr 1-May 20	M	9:30-10:30a	\$40	#26124
Jan 12-Mar 22	F	11:30a-12:30p	\$55	#26125
Apr 5-May 24	F	11:30a-12:30p	\$40	#26126

No class Jan 15, Feb 19, 23, Mar 15

Try Tap Dance for Free

Part of free fitness week. Registration required.

Petersen Barn Community Center
Jan 5 F 11:30a-12:30p Free #26491

Tap & Jazz

Learn the fundamentals of tap and jazz through center and across-the-floor exercises while working on rhythm, syncopation and style. Small combinations will be taught along the way to combine all of the elements practiced in class. Learn these classic dance styles in a fun and welcoming environment. Some tap shoes are available to borrow. Jazz shoes are recommended but not required. All levels are welcome.

Petersen Barn Community Center
Instructor: Jay Hall Schnurpusch

Jan 8-Mar 11	M	7-8p	\$48	#26725
Apr 1-Jun 10	M	7-8p	\$60	#26726

No class Jan 15, Feb 19, May 27

Land Fitness

Better Bones & Balance

Designed to improve bone health, muscular strength and balance, this class includes strength training, aerobic exercise and flexibility and balance movements. Fitness levels from beginner to intermediate are welcome.

Petersen Barn Community Center
Instructor: Yvette Jernberg

Jan 11-Mar 7	Th	3-4p	\$45	#27047
Mar 14-May 23	Th	3-4p	\$50	#27048

No class Mar 28

Try Better Bones & Balance for Free

Part of free fitness week. Registration required.

Petersen Barn Community Center
Jan 4 Th 3-4p Free #27049

Bodyweight Strength

Build strength and learn technique for bodyweight-specific exercises such as the squat, plank, push up and jump. The class will include upbeat music to help with those more difficult workouts. This is a beginner/intermediate formatted class where proper form will be emphasized to ensure safety and good strength-building principles. Modifications will be provided for those who want to work up to specific exercises.

Campbell Community Center
Instructor: Thomas Fate

Jan 8-Mar 18	M	4:30-5:30p	\$45	#26648
Apr 1-May 20	M	4:30-5:30p	\$40	#26649

No class Jan 15, Feb 19

Couch to 5K or Half Marathon 🏃

Intended for the beginning runner or someone who wants to do their first 5K or half marathon. This weekly group is designed to prepare you to participate in an event April 27 or 28 (Eugene Marathon weekend). Train in a supportive and motivating environment while learning proper techniques for running, nutrition and more. In partnership with the Eugene Marathon.

Instructor: Megan Patrignelli
Graham Field House

Jan 8	M	6-7:30p	Free	#27206
Margaret Johnson Bailes Track (next to ATA, near 24th & Filmore)				
Jan 22-Apr 22	M	6-7:30p	\$50	#26131
No class Feb 19				

Essential Stretch & Flexibility

This class helps with muscle pliability and durability as we age, through gentle techniques for stretching and improved overall movement.

Campbell Community Center
Instructor: Eric Beins

Jan 10-Mar 13	W	12-1p	\$50	#26210
Mar 20-May 29	W	12-1p	\$55	#26215
Jan 12-Mar 15	F	12-1p	\$50	#26214
Mar 22-May 31	F	12-1p	\$55	#26216

Petersen Barn Community Center 🏃
Instructor: Eric Beins

Jan 10-Mar 20	W	1:45-2:45p	\$50	#26507
Apr 3-May 22	W	1:45-2:45p	\$40	#26508
No class Feb 7, Mar 27				

Try Essential Stretch & Flexibility for Free

Part of free fitness week. Registration required.

Campbell Community Center

Jan 3	W	12-1p	Free	#26608
Jan 5	F	12-1p	Free	#26609

Petersen Barn Community Center

Jan 3	W	1:30-2:30p	Free	#26509
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Fight Back with Neuromuscular Exercise

This class is ideal for people with neuromuscular challenges (Parkinson's, mild stroke, multiple sclerosis) that may cause loss of balance and coordination. Engage the brain and body to encourage more fluid, balanced movement and improve strength, agility and gait. Those who need individual assistance should bring a personal support worker or care provider.

Campbell Community Center
Instructor: Eric Beins

Jan 2-30	TuTh	11:30a-12:30p	\$67	#26197
Feb 1-29	TuTh	11:30a-12:30p	\$67	#26200
Mar 5-28	TuTh	11:30a-12:30p	\$60	#26203
Apr 2-30	TuTh	11:30a-12:30p	\$67	#26204
May 2-30	TuTh	11:30a-12:30p	\$67	#26207
Jun 4-27	TuTh	11:30a-12:30p	\$60	#26208

Hilyard Community Center

Instructor: Eric Beins

Jan 2-30	TuTh	1:30-2:30p	\$67	#26171
Feb 1-29	TuTh	1:30-2:30p	\$67	#26172
Mar 5-28	TuTh	1:30-2:30p	\$60	#26174
Apr 2-30	TuTh	1:30-2:30p	\$67	#26175
May 2-30	TuTh	1:30-2:30p	\$67	#26177
Jun 4-27	TuTh	1:30-2:30p	\$60	#26178

Full Body Fitness

This class combines training for strength, core fitness, flexibility and balance to prepare you for the activities you love to do.

Campbell Community Center

Instructor: Thomas Fate

Jan 22-Mar 18	M	6-7p	\$40	#26958
Apr 1-May 20	M	6-7p	\$40	#26963
No class Jan 18, Feb 19				

Try Full Body Fitness for Free

Part of free fitness week. Registration required.

Campbell Community Center

Jan 8	M	6-7p	Free	#26957
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Healthy Bones Fitness

Research shows exercise can strengthen bones, improve balance and increase your strength and energy. Every exercise is adjusted to your ability. An excellent class for those with osteoporosis or osteopenia. Registrants for in-person will receive a link on the day of class. Virtual registrants will receive a link to recorded video of classes at noon on Mondays, except on holidays.

Campbell Community Center

Instructor: Thomas Fate

Jan 8-Mar 18	M	1:30-2:30p	\$45	#26621
Apr 1-May 20	M	1:30-2:30p	\$40	#26622
Jan 9-Mar 19	Tu	9-10a	\$55	#26623
Apr 2-May 28	Tu	9-10a	\$45	#26624
Jan 10-Mar 20	W	3-4p	\$55	#26625
Apr 3-May 29	W	3-4p	\$45	#26626
Jan 11-Mar 21	Th	9-10a	\$55	#26627
Apr 4-May 30	Th	9-10a	\$45	#26628
No class Jan 15, Feb 19				

Virtual

Instructor: Thomas Fate

Jan 8-Mar 21			\$55	#26629
Apr 1-May 30			\$45	#26630

Strength & Balance

Defeat the loss of bone density while you improve balance and increase your strength and energy. This class is a more advanced version of Healthy Bones Fitness. Registrants for in-person will receive a link on the day of class.

Virtual registrants will receive a link to recorded video of classes at noon on Mondays, except on holidays.

Campbell Community Center

Instructor: Thomas Fate

Jan 8-Mar 18	M	3-4p	\$45	#26631
Apr 1-May 20	M	3-4p	\$40	#26632
Jan 9-Mar 19	Tu	10:30-11:30a	\$55	#26640
Apr 2-May 28	Tu	10:30-11:30a	\$45	#26641
Jan 10-Mar 20	W	1:30-2:30p	\$55	#26642
Apr 3-May 29	W	1:30-2:30p	\$45	#26643
Jan 11-Mar 21	Th	10:30-11:30a	\$55	#26644
Apr 4-May 30	Th	10:30-11:30a	\$45	#26645
No class Jan 15, Feb 19				

Virtual

Instructor: Thomas Fate

Jan 8-Mar 21			\$55	#26646
Apr 1-May 30			\$45	#26647

HeartSmart

Designed to increase the heart rate safely and improve endurance and energy for daily activity and recreation. For all ability levels. No equipment is needed. No floor work.

Campbell Community Center

Instructor: Eric Beins

Jan 8-Mar 18	M	12-1p	\$45	#26217
Mar 25-May 20	M	12-1p	\$45	#26218
No class Jan 15, Feb 19				

HIIT Training

HIIT, or high-intensity interval training, uses short bursts of intense exercise with short breaks to provide an excellent strength and overall fitness workout. All equipment provided.

Echo Hollow Pool & Fitness Center

Instructor: Jeremy Dixon

Jan 8-Mar 18	M	5:30-6:15p		#27121
Apr 1-Jun 3	M	5:30-6:15p		#27123
Jan 10-Mar 20	W	5:30-6:15p		#26829
Apr 3-Jun 5	W	5:30-6:15p		#26831

Pool admission fees apply, *see page 65*. Register to reserve a spot.
No class Jan 15, Feb 19, May 27

Weight Training Ages 14+

Learn how to weight train safely and effectively. Weight training increases strength and power, helps with weight loss and is important for long-term health. Get your fitness journey started the right way.

Echo Hollow Pool & Fitness Center

Instructor: Jeremy Dixon

Jan 8-Mar 18	M	4:15-5:15p		#27116
Apr 1-Jun 3	M	4:15-5:15p		#27119
Jan 10-Mar 20	W	4:15-5:15p		#26602
Apr 3-Jun 5	W	4:15-5:15p		#26814

Pool admission fees apply, *see page 65*. Register to reserve a spot.
No class Jan 15, Feb 19, May 27

Zumba Cardio

Ditch the workout and join the party. Zumba is a Latin-inspired cardio dance class that includes elements of salsa, merengue, samba, reggaeton, cumbia and much more. All you need is enthusiasm. Stress can't hang onto a body that's grooving.

Amazon Community Center

Instructor: Tara Barnes

Jan 10-Mar 13	W	5:30-6:30p	\$50	#25930
Apr 3-May 1	W	5:30-6:30p	\$25	#25935

Martial Arts

Aikido

Aikido is a traditional Japanese martial art based on nonaggression and nonviolent self-defense. Classes feature ki (energy) exercises combined with self-defense techniques in a safe and supportive environment. All levels welcome.

Amazon Community Center

Instructor: Wayne Vincent

Jan 9-Mar 7	TuTh	6:45-8p	\$99	#25909
Apr 2-May 30	TuTh	6:45-8p	\$99	#25910

Fencing Ages 12+

Fencing is a classic martial sport with much history, art, style and drama as well as being a fun physical activity for kids and parents. This class series is an introduction to foil fencing. It concentrates on discipline, balance, coordination, sportsmanship and above all, fun. Equipment will be provided.

Amazon Community Center

Instructor: Carl Knoch

Beginning

Jan 10-Feb 28	W	7-8p	\$108	#25907
Apr 3-May 22	W	7-8p	\$108	#25911

Intermediate

Jan 10-Feb 28	W	8-9p	\$108	#25908
Apr 3-May 22	W	8-9p	\$108	#25913

No class Jan 15, Feb 5, 19, May 6



Qigong

Qigong is a self-healing art that combines movement and meditation. Regular practice of qigong can reduce stress, establish balance and integrate the mind, body and spirit. This practice is best known for a focus on breathing and is used as a healing exercise. The Amazon Community Center classes are held outdoors.

Amazon Community Center
Instructor: Cialin Mills-Ostwald

Beginning				
Jan 9-Mar 12	Tu	11:30a-12:15p	\$50	#25923
Apr 2-May 28	Tu	11:30a-12:15p	\$45	#25925
Intermediate				
Jan 9-Mar 12	Tu	12:30-1:15p	\$50	#25924
Apr 2-May 28	Tu	12:30-1:15p	\$45	#25926

Campbell Community Center
Instructor: Mariah Carter

Jan 22-Mar 25	M	1:15-2:15p	\$45	#26619
Apr 1-Jun 3	M	1:15-2:15p	\$45	#26620
No class Feb 19, May 27				

Tai Chi & Qigong

Tai chi is the ancient Chinese martial art wisely recognized as the powerful way to improve both physical and mental health, better balance, relieve pain, lessen stress, calm the mind and more. This class teaches the 42 Combined Form and the medical qigong using the traditional Chinese/Japanese method.

Campbell Community Center
Instructor: Dennis Soper

Jan 9-Mar 14	TuTh	2-3p	\$99	#26574
Mar 26-May 30	TuTh	2-3p	\$99	#26576

Try Tai Chi & Qigong for Free

Part of free fitness week. Registration required.

Campbell Community Center
Jan 4

Th	2-3p	Free	#26577
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Tai Chi

This ancient Chinese art uses round, flowing movements combined with calmness and inner balance. Learn a series of slow movements that promote better health, balance, flexibility and reduced stress. The class includes proper form, body alignment, breathing, energy cultivation and energy awareness.

Amazon Community Center
Instructor: Leung Martial Arts

Beginning				
Jan 8-Mar 18	M	10:45-11:45a	\$45	#25914
Apr 1-May 20	M	10:45-11:45a	\$40	#25919
Jan 10-Mar 6	W	10:45-11:45a	\$45	#25918
Apr 3-May 29	W	10:45-11:45a	\$45	#25921
Intermediate				
Jan 8-Mar 18	M	9:30-10:30a	\$45	#25916
Apr 1-May 20	M	9:30-10:30a	\$40	#25920
Jan 10-Mar 6	W	9:30-10:30a	\$45	#25917
Apr 3-May 29	W	9:30-10:30a	\$45	#25922
No class Jan 15, Feb 19				

Campbell Community Center
Instructor: James Moffat

Beginning				
Jan 22-Mar 11	M	9:30-10:30a	\$35	#26689
Mar 18-Apr 29	M	9:30-10:30a	\$35	#26692
Intermediate				
Jan 24-Mar 13	W	9:30-10:30a	\$40	#26691
Mar 20-May 1	W	9:30-10:30a	\$35	#26693
No class Feb 19				

Petersen Barn Community Center
Instructor: Leung Martial Arts

Beginning				
Jan 9-Mar 19	Tu	11:30a-12:30p	\$55	#26096
Apr 2-May 21	Tu	11:30a-12:30p	\$40	#26097
Jan 9-Mar 19	Tu	12:45-1:45p	\$55	#26098
Apr 2-May 21	Tu	12:45-1:45p	\$40	#26099
Intermediate				
Jan 9-Mar 19	Tu	2-3p	\$55	#26100
Apr 2-May 21	Tu	2-3p	\$40	#26101

Try Beginning Tai Chi for Free

Part of free fitness week. Registration required.

Petersen Barn Community Center

Jan 2	Tu	11:30a-12:30p	Free	#26682
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Tai Chi for Balance

This class focuses on the health benefits for people with mobility and balance problems. Gentle exercise in the form of tai chi strengthens muscles and improves stamina, blood circulation, balance and relaxation.

Sheldon Community Center

Instructor: James Moffat

Jan 22-Mar 11 M 12-1p \$35 #26047

Mar 18-Apr 29 M 12-1p \$35 #26048

No class Feb 19

Intermediate

Ongoing MW 11a-12p Drop-in

Ten-use card for \$50, Tai Chi for Balance Intermediate class only

Special Interest

DanceAbility All ages

DanceAbility International's mission is to dissolve barriers and connect people with and without disabilities through dance and movement. This mission is accomplished through classes, workshops and events for adults and children, performances, teacher trainings and educational materials for teachers of inclusive dance. Learn more by emailing info@danceability.org or calling 541-357-4982.

Wednesday Wheelers Ages 6+

This informal group of wheelchair users meets at various locations in Eugene to explore paths and trails and connect socially. For more information, call Hilyard at 541-682-5311 or email Loren at lcush9@hotmail.com.

Ongoing W 10a-2p Free Drop-in

Walking

River Walking Group See key on page 83.

This weekly group meets to walk the river path together. Distance and destination vary depending on who shows up.

Campbell Community Center

Jan 2-May 28 Tu 10-11:30a Free #26556

Water Fitness

These classes are open to ages 16+.

For class fees at City pools, see pool admission fees, page 65.

No classes during pool closures, classes vary during holiday schedules, see page 65. Schedule may be subject to change.

Ai Chi

Ai Chi classes focus on relieving chronic, limiting pain through slow movement through the water, deep breathing, stretching and meditation techniques. A flowing series of exercises are repeated and emphasize range of motion, balance and deep breathing.

Sheldon Pool & Fitness Center

Ongoing WFSu 9:30-10:30a Drop-in

Aquatic Body Conditioning

This buoyancy-supported, deep-water exercise will help you increase muscle strength and tone by using water resistance and equipment.

Echo Hollow Pool & Fitness Center

Ongoing TuTh 8:45-9:45a Drop-in

Aquatone

Tone individual muscle groups, strengthen core muscles and improve balance in shallow and deep water. Suspended exercises enhance postural benefits. Excellent class for those new to water exercise or recovering strength and flexibility. Upper body strength is enhanced with resistance equipment.

Echo Hollow Pool & Fitness Center

Ongoing MW 8:45-9:45a Drop-in

Sheldon Pool & Fitness Center

Ongoing TuTh 8:45-9:45a Drop-in

Arthritis H₂O Exercise

This class can help people with arthritis exercise, reduce pain and improve flexibility and strength. This fun class is taught in shallow water and is excellent for those with general muscle or joint stiffness or chronic pain.

Echo Hollow Pool & Fitness Center

Ongoing TuTh 10-11a Drop-in



Deep Water Fitness

Flotation support is provided to facilitate these great non-impact, deep-water workouts. Total body immersion equals total body workout. All major muscles are strengthened with the added challenge of a cardiovascular fitness workout. Intensity levels are varied to accommodate your exercise needs. Further strength gains are offered by using hand-held buoyant-resistant equipment.

Echo Hollow Pool & Fitness Center
 Ongoing M-Th 6:30-7:30a Drop-in
 Ongoing M-Th 7:30-8:30a Drop-in

Sheldon Pool & Fitness Center
 Ongoing F 9:30-10:30a Drop-in
 Ongoing F 10:30-11:30a Drop-in
 Ongoing TuTh 10-11a Drop-in
 Ongoing M-Th 5:30-6:30p Drop-in

Shallow Water Aerobics

This is a low-impact, water-supported exercise for developing cardiovascular fitness. Toning and abdominal exercises are included. Upbeat and simple energetic routines keep you moving.

Echo Hollow Pool & Fitness Center
 Ongoing MW 10-11a Drop-in

Water Walking

For a first-time water fitness attendee, this class provides the basics you need and still gives you a great workout. Walk or run in chest-deep water using traveling moves. Suspended, supported exercises are offered for additional balance and stabilization challenges.

Sheldon Pool & Fitness Center
 Ongoing TuTh 9:30-10:30a Drop-in

Wellness

See page 92.

Yoga

Yoga

Yoga rejuvenates the mind, body and spirit. Gentle stretching tones muscles, balances every system in the body and improves overall health and well-being. Yoga mats are available or bring your own. All mobility and skill levels welcome.

Amazon Community Center

Instructor: Paul Simon
 Jan 22-Mar 11 M 5:30-6:30p \$35 #25938
 Apr 1-May 20 M 5:30-6:30p \$40 #25940
 Jan 11-Mar 14 Th 9:15-10:15a \$50 #25939
 Apr 4-May 23 Th 9:15-10:15a \$40 #25941
 No class Feb 19

Petersen Barn Community Center

Instructor: Paul Simon
 Jan 9-Mar 19 Tu 9:05-10:05a \$55 #26088
 Apr 2-May 21 Tu 9:05-10:05a \$40 #26089
 Jan 5-Mar 22 F 9:05-10:05a \$50 #26090
 Apr 5-May 24 F 9:05-10:05a \$40 #26091
 No class Feb 23, Mar 15

Sheldon Community Center

Instructor: Judy Ulibarri
 Jan 10-Feb 28 W 9-10a \$40 #26606
 Mar 20-May 8 W 9-10a \$40 #26607

Try Yoga for Free

Part of free fitness week. Registration required.

Petersen Barn Community Center
 Jan 2 Tu 9:05-10:05a Free #26478

All-Level Yoga Flow

This all levels flow builds strength, flexibility and balance, with focus on the breath in a way that reduces stress. All equipment is provided and all bodies and abilities are welcome.

Sheldon Community Center

Instructor: Alexandra Levine
 Jan 20-Mar 16 Sa 10:45-11:45a \$40 #27150
 Mar 30-May 18 Sa 10:45-11:45a \$40 #27151



Chair Yoga

Feel better through movement. Experience release from stress and fatigue through this gentle yoga approach designed to accommodate people with physical limitations. This class is taught while you are sitting in a chair.

Amazon Community Center

Instructor: Paul Simon

Jan 11-Mar 14 Th 10:30-11:30a \$50 #25936

Apr 4-May 23 Th 10:30-11:30a \$40 #25937

Campbell Community Center

Instructor: Mariah Carter

Jan 24-Mar 27 W 3:15-4:15p \$50 #26616

Apr 3-Jun 5 W 3:15-4:15p \$50 #26618

Petersen Barn Community Center

Instructor: Paul Simon

Jan 9-Mar 19 Tu 10:15-11:15a \$55 #26092

Apr 2-May 21 Tu 10:15-11:15a \$40 #26093

Jan 5-Mar 22 F 10:15-11:15a \$50 #26094

Apr 5-May 24 F 10:15-11:15a \$40 #26095

No class Feb 23, Mar 15

Try Chair Yoga for Free

Part of free fitness week. Registration required.

Petersen Barn Community Center

Jan 2 Tu 10:15-11:15a Free #26489

Modified Yoga

This gentle yoga class is designed specifically for people living with chronic neuromuscular conditions such as fibromyalgia, multiple sclerosis, Parkinson's and Lou Gehrig's disease. Poses are modified for those needing adaptations. This class has a hybrid option. For those attending in person, individuals must be independent or have someone to assist. Yoga mats and blocks provided as needed. For the virtual option, a Zoom link will be sent to patrons upon registration. In-person registration is available on a monthly basis, alongside the virtual 10-use card.

Hilyard Community Center

Jan 8-29 M 11:45a-1p \$22 #26154

Feb 5-26 M 11:45a-1p \$22 #26155

Mar 4-25 M 11:45a-1p \$30 #26156

Apr 1-29 M 11:45a-1p \$37 #26158

May 6-20 M 11:45a-1p \$22 #26159

Jun 3-24 M 11:45a-1p \$30 #26161

No class Jan 15, Feb 19

Ten-use card for \$70, virtual class only

Yoga for Veterans

The Veterans Administration hosts a yoga class for Veterans through its Whole Health program. Join other Veterans in this supportive and relaxed environment.

Sheldon Community Center

Instructor: Alexandra Levine

Jan 6-May 25 Sa 9:30-10:30a Free #25951

Yoga en Español

¡Únete a nuestra clase de yoga y encuentra paz interior! Nuestra instructora certificada te guiará a través de posturas rejuvenecedoras, técnicas de respiración profundas y meditación relajante. Experimenta la armonía cuerpo-mente en un ambiente tranquilo y acogedor. ¡Inscríbete hoy para equilibrar tu vida y mejorar tu bienestar!

Centro Petersen Barn

Instructora: Monica Reynoso

18 ene-14 mar Ju 5:30-6:30p \$45 #26960

4 abr-13 jun Ju 5:30-6:30p \$55 #26962

Prueba Yoga Gratis

Parte de la semana para hacer ejercicio gratis. Es necesario que te inscribas.

Centro Petersen Barn

11 ene Ju 5:30-6:30p Gratis #26959

