



Adult Health & Fitness

These classes are for ages 18-118, unless noted otherwise. Classes designed for ages 50+ are in Senior Health & Fitness on pages 92-95.

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 disabilities, medical conditions or those who wish to preview equipment before rental or purchase.

By appointment \$5 #2939

Adapted Bike Rental

Available after initial fitting or assessment.

By appointment			
\$5/half hour	#2938	\$40/day	#2935
\$10/hour	#2937	\$50/weekend	#2934
\$20/half day	#2936		

Campbell Bike Week

Coinciding with National Bike to Work Week, Campbell Bike Week is a collection of bike-related events to get you ready and excited for a full summer of bicycling.

All events meet at Campbell Community Center

Get Your Bike Ready for Summer

This basic maintenance class will teach you these skills to get ready for summer riding: six-point safety check, repairing flat tires, brake tune-ups and repair and adjusting your shifters. Come for these plus other maintenance tips. Bring your favorite bike and dress to get grubby.

May 13 M 5:30-8:30p \$18 #2653

Bike Touring with Bruce Steinmetz All ages

Come back with us to the '80s and travel behind the Iron Curtain with a wandering cyclist as he experiences

machine gun-toting border guards, toxic local beverages and boundless local kindness. Surprise destination: Eugene.

May 14 Tu 6-7:30p Free #4435

Free Cup of Coffee for Bike Riders

Coming to Campbell Community Center? Bike and you can enjoy a cup of coffee or tea on us – no registration needed.

May 15 W 8:30a-4:30p Free Drop-in

Bike Riding for Fun & Fitness – Special Edition

Have you been looking for a bike group to join? Try out the Campbell Bike Group. Riders go 10-20 miles at a relaxed pace. Helmets required.

May 15 W 10a-12p Free Drop-in

Eugene Bike Mural Tour

See the best of Eugene’s public art. We will go to see the latest 20x21 EUG Mural Project murals on bicycle. Bring your own bike and helmet.

May 16 Th 10a-12p \$11 #4525

Not Your Parent’s Bike Day

Recumbents? Tricycles? Hand cycles? 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.

May 17 F 9:30a-1p Free Drop-in

Land Fitness

Alexander Technique

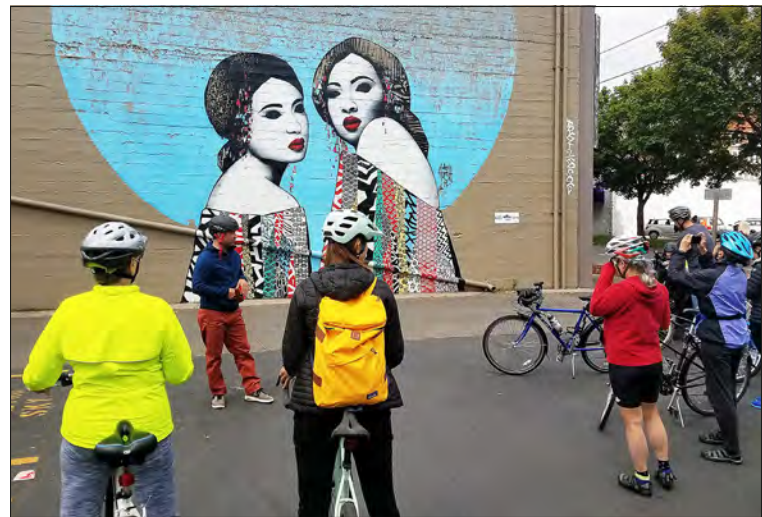
Most of our movement is guided by old habits. The Alexander Technique encourages self-observation and awareness of movements. Learn to move more efficiently and reduce strain through gentle hands-on guidance of everyday activities. Boost your performance in any activity by finding your natural balance. Instructor is certified by the Society of Teachers of the Alexander Technique.

Sheldon Community Center
 Instructor: James Moffat
 Jul 10-Aug 14 W 6-7p \$35 #3259

Better Bones & 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 Strong Bones Strong Body.

Campbell Community Center
 Instructor: Cindy O’Brien
 Jun 3-Aug 26 M 11:45a-12:45p \$52 #3678



Dryland Arthritis

This class is designed specifically for people with arthritis. Learn to use gentle movements to increase flexibility and maintain muscle strength. Also helps reduce stiffness and pain. All are welcome.

Echo Hollow Pool and Fitness Center
 Ongoing MWF 10:45-11:45a Drop-in
 Fee same as pool admission fees, see page 70

Fitness Centers

Work out on your own schedule at the Echo Hollow and Sheldon fitness centers. Get fit using cardiovascular equipment including treadmills and elliptical trainers as well as weight equipment designed to work specific muscle groups. Use of the fitness centers requires an orientation for first-time users. *For more information see page 71.*

Neuromuscular Exercise Ages 22+

This class is designed to engage the brain and body to encourage more fluid, balanced movement. Ideal for individuals with a variety of neuromuscular challenges (such as Parkinson’s, mild stroke and multiple sclerosis) that may cause loss of balance and coordination. Instructors guide participants through exercises that are usually done standing or moving around the room; however, chairs are providing for balance assistance and rest as needed.

Hilyard Community Center
 Instructor: Deanne Morris of Creative Fitness
 Jul 2-Aug 1 TuTh 1:30-2:30p \$54 #2906
 Aug 6-29 TuTh 1:30-2:30p \$48 #2907
 Sep 3-26 TuTh 1:30-2:30p \$48 #2908
 No class Jul 4



Pilates

Beginning and continuing level mat classes introducing the fundamentals and some basic floor exercises of Pilates. Learn proper body alignment and breathing in addition to improving core strength, flexibility and coordination.

Amazon Community Center

Instructor: Judith Schlacter

Beginning

Jun 25-Sep 10 Tu 6:45-7:45p \$75 #3002

Intermediate

Jun 25-Sep 10 Tu 5:30-6:30p \$75 #3001

Strong Bones Strong Body

Defeat the loss of bone density. Research shows you 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.

Campbell Community Center

Instructor: Cindy O'Brien

Jun 3-Aug 26 M 10:30-11:30a \$52 #3638

Jun 4-Aug 27 Tu 4:30-5:30p \$52 #3644

Jun 6-Aug 29 Th 3:15-4:15p \$48 #3646

No class Jul 4

Total Body Work Out

Work all your muscle groups in this low-impact, moderate-intensity class. We will focus on strength building, cardio endurance, increased flexibility, balance and core. We will use weights, resistance bands, aerobic movements, standing exercises and floor work. Bring a yoga mat and your enthusiasm.

Echo Hollow Pool and Fitness Center

Ongoing TuTh 6:30-7:30a Drop-in

Fee same as pool admission fees, see page 70

No class Jul 4

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 in this hour-long dance party is enthusiasm. Stress can't hang onto a body that's grooving!

Instructor: Tara Barnes

Amazon Community Center

Jun 26-Aug 28 W 5:30-6:30p \$40 #2881

Sheldon Community Center

Jun 24-Aug 19 M 5:30-6:30p \$36 #2990

Water Fitness

These classes are open to ages 16+.

Your first class may be attended for free.

For class fees at City pools, see pool admission fees, page 70.

No classes during pool closures, see page 71.

No classes Jul 4.

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 and 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.

Sheldon Pool & Fitness Center

Ongoing TuTh 8:15-9:15a 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 and Fitness Center

Ongoing TuTh 10-11a Drop-in



Dance & Drama

Ballet Barre & Stretch

Beginning ballet with an emphasis on strength, flexibility and fundamental technique. All levels welcome.

Amazon Community Center
 Instructor: Ashley Villanueva
 Jun 28-Aug 30 F 10:45-11:45a \$50 #2874

Belly Dance

Belly dance is an ancient art form with a complex and fascinating history. In this class we will focus on the fundamental movements, inspired by the Egyptian style. It helps improve core strength, posture and body awareness. Though most of the class will be movement, there will also be brief discussions about the history and cultural context of this dance. No experience necessary. All ages, bodies and genders welcome.

Amazon Community Center
 Instructor: Nicole Malinoff
 Jul 11-Aug 29 Th 5:30-6:30p \$40 #2879

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.

Amazon Pool
 Ongoing M-Th 11a-12p All Drop-in
 M-Th 5:30-6:30p

Echo Hollow Pool and Fitness Center
 Ongoing MWF 6-7a All Drop-in
 MWF 7:30-8:30a
 MW 5:45-6:45p

Sheldon Pool and Fitness Center
 Ongoing MWF 6-7a All Drop-in
 M-F 7:15-8:15a
 M-F 8:30-9:30a
 M-F 12-1p
 TuTh 5:30-6:30p
 Sa 9:30-10:30a

Shallow Water Aerobics

Low impact, water-supported exercise for developing cardiovascular fitness. Toning and abdominal exercises included. Upbeat and simple energetic routines keep you moving.

Echo Hollow Pool and Fitness Center
 Ongoing MWF 9:15-10:15a 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 and Fitness Center
 Ongoing MWF 8:15-9:15a Drop-in

Martial Arts

Fencing Ages 12+

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

Amazon Community Center
 Instructor: Carl Knoch
 Beginning
 Jul 2-Aug 20 Tu 2:45-3:45p \$89 #2896
 Intermediate
 Jul 2-Aug 20 Tu 4-5p \$89 #2897

Qigong

Qigong is a self-healing art that combines movement and meditation. Regular practice can reduce stress, establish balance and integrate mind/body/spirit. It is best known for a focus on breathing and is used as a healing exercise.

Amazon Community Center
 Instructor: Cialin Mills-Ostwald
 Jul 2-Aug 27 Tu 12:15-1:15p \$44 #3016
 Campbell Community Center
 Instructor: Mariah Carter
 Beginning
 Jun 6-Aug 29 Th 4:30-5:30p \$55 #3521
 No class Jul 4, 11

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: Jeff Leung

Beginning

Jun 26-Sep 11 W 10:40-11:40a \$48 #3011

Intermediate

Jun 26-Sep 11 W 9:30-10:30a \$48 #3010

Campbell Community Center

Instructor: Karen Meats

Beginning

Jun 3-Aug 26 M 9-10a \$52 #3538

Jun 5-Aug 28 W 9-10a \$52 #3539

Meets at Lamb Cottage Jun 12, Jul 10, Aug 14

Petersen Barn Community Center

Instructor: Jeff Leung

Beginning

May 14-Jul 2 Tu 11:30a-12:30p \$28 #4044

Jul 9-Aug 27 Tu 11:30a-12:30p \$28 #4045

Intermediate

May 14-Jul 2 Tu 12:45-1:45p \$28 #4046

Jul 9-Aug 27 Tu 12:45-1:45p \$28 #4047

No class Jun 25, Jul 16

Washington Park Center

Instructor: Jeff Leung

Beginning

Jun 28-Sep 13 F 10:40-11:40a \$48 #3055

Jul 1-Sep 9 M 10:40-11:40a \$44 #3053

Intermediate

Jun 28-Sep 13 F 9:30-10:30a \$48 #3054

Jul 1-Sep 9 M 9:30-10:30a \$44 #3049

Tai Chi in the Park Blocks

Join your neighbors in practicing this ancient Chinese art. It uses calm, flowing movements to promote balance and flexibility and to reduce stress. Wear loose clothing and dress for the weather. Meets by the salmon fountain in the West Park Blocks. Make a morning of it by enjoying the Lane County Farmers Market immediately afterward.

Downtown Park Blocks

Jun 4-Sep 19 TuTh 8:30-9:30a Free Drop-in

No class Jul 4

Yoga

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 can be modified for those needing adaptations. Individuals must be able to be independent or bring someone to assist. Yoga mats and blocks provided.

Hilyard Community Center

Jul 1-Aug 12 M 11a-12:30p \$49 #2910

Aug 19-Sep 30 M 11a-12:30p \$49 #2911

Or purchase punch card for \$70 to attend on occasional basis

No class Sep 2

Warriors at Ease Yoga

Team Red, White and Blue sponsors a free yoga class for military service members, Veterans and their families. This class is designed to support well-being, resiliency and connection. No experience necessary. For more information contact Joe Snyder at joe.snyder@teamrwb.org.

Hilyard Community Center

Jul 1-Sep 30 M 6-7p Free #2946

No class Sep 2

Yoga

Yoga rejuvenates the mind, body and spirit. Gentle stretching exercises tone and stretch muscles and work to balance every system in the body. Improves overall health and well-being.

Amazon Community Center

Instructor: Paul Simon

Jun 27-Sep 12 Th 9:15-10:15a \$44 #3012

No class Jul 4

Petersen Barn Community Center

Instructor: Hannah Veith

May 6-Jul 1 M 6:30-7:30p \$28 #4029

Jul 8-Aug 26 M 6:30-7:30p \$28 #4032

No class May 27, Jun 10, Jul 15

Instructor: Paul Simon

May 7-Jun 18 Tu 9-10a \$28 #4034

Jul 2-Aug 27 Tu 9-10a \$32 #4035

May 10-Jun 21 F 9-10a \$28 #4036

Jul 5-Aug 30 F 9-10a \$28 #4037

No class Jun 25, Jul 12, 16, 19

Washington Park Center

Instructor: Paul Simon

Jul 18-Sep 5 Th 5:30-6:30p \$28 #4428

No class Aug 8