



group training schedule Fall 2011

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
5:30am	kettlebell (5:15) nancy	rock that body tate	private training lora	morning madness cyrus (5:15)			
6am	full body stretch (6:30) david				full body stretch (6:30) david		
7am	advanced basic bootcamp david	group cycle nancy	circuit bootcamp david	group cycle david	outdoor bootcamp (rain or shine!) david	full body stretch (7:30) david	
8am	body sculpt (8:15) nancy	ZUMBA! Cheryl	body sculpt (8:15) nancy	ZUMBA! Cheryl	body sculpt (8:15) nancy	beginner basic bootcamp david	yoga (8:15-9:30) kim
8am		8 am upstairs mat pilates danita					
9am	continuing tai chi (9:30) dave	intermediate yoga cheryl	continuing tai chi (9:30) dave	intermediate yoga cheryl	ZUMBA! (9:30) Star	power hour (9:15) laura	
10am		NEW CLASS!!! ↙ ↘		private training lora		beginning tai chi (10:30) dave	rock that body tate
11am	beginning tai chi dave	Bands and Balls kim	beginning tai chi dave		private studio yoga \$10/session kelly		group cycle tate
12pm	yoga kim	group cycle melissa	yoga kim	group cycle tate	The Barre eric 12:30 (registration required) ewzimmer@gmail.com 503.869.7278		
1-5pm					private training laura (4-5)		
5:30pm	Evening Pilates upstairs aubre		Evening Pilates upstairs danita				
5:30pm	step it up laura	booty camp melissa	step it up laura	booty camp melissa			
6:30pm	power hour mick	ZUMBA! Star	power hour mick	ZUMBA! Star			
7:30pm		yoga bill	NEW CLASSES!!! ↙ ↘	yoga cheryl			

group classes complimentary with membership!

All classes, times, and instructors subject to change and/or cancellation.