

# Group Fitness Menu Summer 2016



### Club Hours

Mon-Fri 5:30am-7:30pm Sat 8:30am-12:30pm

Facebook.com/WestSideAthleticClubPDX

555 SW Oak, Portland, OR 97204

503-222-7800

www.WestSideAthleticClub.com

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30am-7:30am		CYCLE CROSS TRAINING Mitch		CYCLE CROSS TRAINING Mitch	
9:00-10:00am	<b>SILVER&amp;FIT</b> EXCEL Dalene				<b>SILVER&amp;FIT</b> EXCEL Dalene
10:00-11:00am	<b>SILVERSNEAKERS</b> ® CLASSIC (10:15-11:00) Dalene		CLASSICALLY FIT (10:00-10:45) Mirion		<b>SILVERSNEAKERS</b> ® CLASSIC (10:15-11:00) Dalene
11:00-11:55am			\$ STUDIO PILATES ADVANCED Britt		PRIVATE YOGA (11:05-11:55) RENTAL
12:00-12:15pm	CORE EXPRESS Amber	ZUMBA Lynn (12:00-1:00)	CORE EXPRESS Mitch	ZUMBA Lynn (12:00-1:00)	STUDIO RIDE (12:00-12:50) Denise
12:20-1:00pm	GROUP LIFT Amber		SHRED CIRCUIT Mitch		
1:05-2:00pm	\$ STUDIO PILATES ADVANCED Britt	YOGA FOR THE PEOPLE Aleena	\$ STUDIO PILATES BEGINNER Britt	YOGA FOR THEPEOPLE Aleena	
5:15-6:15pm	SCULPT FUSION (5:15-6:15) Aleena	CYCLE EXPRESS (5:15-5:45) Alex		YOGA SCULPT (5:30-6:30) Mirion	
5:45-6:15pm		30 MIN MELTDOWN Alex			

Be sure to take advantage of your 2 FREE personal training appointments to get the most out of your workouts!