

CityShape Fitness Classes

Winter 2015



Mon	Tue	Wed	Thu	Fri
Cardio Core 11:30 — 12:15 CityShape I \$2.00 fee per class	No Sweat! 10:30 — 10:45 & 11:00 — 11:15 FREE!	Complete 10 Workout™ 11:30 — noon CityShape I \$2.00 fee per class	No Sweat! 10:30 — 10:45 & 11:00 — 11:15 FREE!	Hatha Yoga 11:30 — 12:15 CityShape I \$2.00 fee per class
Karate 12:30 — 1:30 CityShape I \$20.00 monthly fee	Hatha Yoga 11:30 — 12:15 CityShape I \$2.00 fee per class	Zumba® 11:30 — 12:15 Room 2500B, 1900 Bldg \$2.00 fee per class	Fitness Boot Camp 11:30 — 12:15 CityShape I \$2.00 fee per class	Karate 12:30 — 1:30 CityShape I \$20.00 monthly fee
Fitness Boot Camp 12:30 — 1:15 Room 2500B, 1900 Bldg \$2.00 fee per class	Zumba® 12:30 — 1:15 CityShape I \$2.00 fee per class	Karate 12:30 — 1:30 CityShape I \$20.00 monthly fee	Hatha Yoga Noon — 1:00 Room 2500B, 1900 Bldg \$2.00 fee per class	
			Zumba Gold® 12:30 — 1:15 CityShape I \$2.00 fee per class	

CITYSHAPE I: 3RD FLOOR, THE PORTLAND BUILDING; ROOM 2500B: 2ND FLOOR, 1900 BUILDING

Complete 10 Workout™

This class is NOT designed for already active participants (in fact, you are not allowed). It is designed to help those who need a little inspiration to make a positive life change in a supportive environment. Each class will complete two 10-minute cycles per 30-minute class.

Classes are ongoing!

No registration required

Cash only; payments should be made directly to the instructor at the start of class



City of Portland Employee Wellness