CityShape Fitness Classes Winter 2013-14

Mon	Tue	Wed	Thu	Fri
Cardio Core 11:30 — 12:15 CityShape I \$2.00 fee per class	Hatha Yoga 11:30 — 12:15 CityShape I \$2.00 fee per class	Complete 10 Workout™ 11:30 — noon CityShape I \$2.00 fee per class (see below for restrictions)	Fitness Boot Camp 11:30 — 12:15 CityShape I \$2.00 fee per class	Hatha Yoga 11:30 — 12:15 CityShape I \$2.00 fee per class
Karate 12:30 — 1:30 CityShape I \$20.00 monthly fee	Zumba® 12:30 — 1:15 CityShape I \$2.00 fee per class	Zumba® 11:30 — 12:15Room 2500B, 1900 Bldg\$2.00 fee per class	Hatha Yoga Noon — 1:00 Room 2500B, 1900 Bldg \$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		Karate 12:30 — 1:30 CityShape I \$20.00 monthly fee	Zumba Gold® 12:30 — 1:15 CityShape I \$2.00 fee per class	Cardio Room Closed 2:00 — 3:00 CityShape I Closed Group Session

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.

City of Portland Employee Wellness

Classes are ongoing!

No registration required; Cash only – payments should be made directly to the instructor at the start of class

Questions? Email us at: <u>LiveWellBeWell@portlandoregon.gov</u>
Benefits & Wellness Office November 2013