

CityShape Fitness Classes



2017

Monday	Tuesday	Wednesday	Thursday	Friday
Cardio Core 11:30 — 12:15 CityShape I \$3 fee per class	No Sweat! 10:45—11:00 CityShape I FREE!	Sculpt, Stretch & Flow 11:30 — 12:15 CityShape I \$3 fee per class	No Sweat! 10:45—11:00 CityShape I FREE!	Hatha Yoga 11:30 — 12:15 CityShape I \$3 fee per class
Karate 12:30 - 1:30 CityShape I \$20.00 monthly fee	Hatha Yoga 11:30 — 12:15 CityShape I \$3 fee per class	Karate 12:30 - 1:30 CityShape I \$20.00 monthly fee	Fitness Boot Camp 11:30 — 12:15 CityShape I \$3 fee per class	Karate 12:30 - 1:30 CityShape I \$20.00 monthly fee
	Zumba® 12:30 — 1:15 CityShape I \$3 fee per class		Hatha Yoga 12:00 — 1:00 1900 Building \$5 fee per class	
<div style="border: 2px solid green; border-radius: 15px; padding: 10px; text-align: center;"> Due to the Portland Building Reconstruction Project, ALL classes will end on July 28th </div>			Zumba® 12:30 — 1:15 CityShape I \$3 fee per class	
			Women's Golf Class-Parks 4-5 PM and 5-6 PM Contact Vincent Johnson for details	

CityShape I: 3rd Floor, Portland Building
 1900 Building: Second Floor Conference Room
 No registration required! Classes are ongoing and subject to change. Cash only; payments should be made directly to the instructor at the start of class



Health & Financial Benefits
 HEALTHY LIVING. HEALTHY FUTURE.