

Spring Into Action!

Check out our new classes and changes to favorites!

STEP and SCULPT

Join Gail Mondays and Wednesdays at 6:00am.

STEP, SCULPT, and CHILL

Join Gail Fridays at 6:00am



HIITBox

Join Rena Saturdays and Sundays at 2:15pm

S.P.F. (Boomer Fitness)

Join Linda Tuesdays and Thursdays at 8:20am

Super Fit

Join Gail Thursdays and Saturdays at 11:00am

Join John Fridays at 11:00am

All changes start MARCH 1st!



PORTLAND PARKS & RECREATION
Healthy Parks, Healthy Portland

