

(503) 357-1701

Time

Monday

Tuesday

Wednesday





























Thursday

Friday

Saturday

A FEW TIPS

# September 2010 Health & FITNESS

5:30 AM							
5:45 AM							
6:00 AM	5:45-6:45 Step Heather 	6:00 - 7:00 Yoga I Tabor 	5:45-6:45 Cardio Sculpting Heather 	6:00 - 7:00 Yoga II Tabor 	5:45-6:45 Step Heather 		
6:15 AM							
6:30 AM							
6:45 AM							
7:00 AM							
7:15 AM							
7:30 AM							
7:45 AM							
8:00 AM							
8:15 AM							
8:30 AM							
8:45 AM	8:45-9:45 Pilates Bethany 	9:00 - 9:55 Cardio Sculpting Heather 	8:45-9:45 Pilates Angela 	9:00 - 9:55 Cardio Kick Boxing Heather 	8:45-9:45 Pilates Bethany 		
9:00 AM							
9:15 AM							
9:30 AM							
9:45 AM							
10:00 AM	10:00 - 11:00  Sue	10:00 - 11:00 Beginning Yoga Pamela 	10:00 - 11:00  Sue	10:00 - 11:00 Beginning Yoga Pamela 	10:00 - 11:00  Sue		
10:15 AM							
10:30 AM							
10:45 AM							
11:00 AM		11:00 - 12:00 Intermediate Yoga Pamela 	11:00 - 12:00  Laurie	11:00 - 12:00 Intermediate Yoga Pamela 	11:00 - 12:00  Laurie		
11:15 AM							
11:30 AM							
11:45 AM							
12:00 PM	12:00 - 1:00 Gentle Tai Chi Russell 		12:00 - 1:00 Gentle Tai Chi Russell 		12:00 - 1:00 Gentle Tai Chi Russell 		
12:15 PM							
12:30 PM							
12:45 PM							
1:00 PM							
1:15 PM							
1:30 PM							
1:45 PM							
2:00 PM							
2:15 PM							
2:30 PM							
2:45 PM							
3:00 PM							
3:15 PM							
3:30 PM	3:30 - 5:00 Beginning Belly Dancing Robin 				3:30 - 4:15 Baton Miss Jill	3:30 - 4:15 Baton Miss Jill	
3:45 PM							
4:00 PM							
4:15 PM		4:15 - 5:00 PreBallet Miss Bethany	4:15 - 5:00 PreBallet Miss Bethany	4:15 - 5:00 Baton II Miss Jill	4:15 - 5:00 PreBallet Miss Jan		
4:30 PM							
4:45 PM							
5:00 PM	5:00 - 6:15 Ballet JR (Technique) Miss Sara	5:00 - 6:00 Ballet I Miss Patty	5:00 - 6:15 Ballet JR (Choreography) Miss Patty	5:00 - 6:00 Hip Hop Jazz III Miss Bethany	5:00 - 6:00 Ballet I Miss Patty		
5:15 PM							
5:30 PM							
5:45 PM							
6:00 PM							
6:15 PM							
6:30 PM	6:30 - 7:30 Stability Ball / Pilates Pam 	6:00 - 7:15 Ballet SR (Technique) Miss Patty	6:30 - 7:30 Pilates Pam 	6:00 - 7:15 Ballet Senior (Choreography) Miss Patty	6:30 - 7:30 Friday night workshop TBA		
6:45 PM							
7:00 PM							
7:15 PM							
7:30 PM	7:30 - 8:30 Body Pump Sherri 	7:15 - 8:00 Accelerated Lyrical Miss Heather	7:30 - 8:30 Body Pump Sherri 	7:15 - 9:00 Tribal Bellydance Beg / Int Robin 			
7:45 PM							
8:00 PM							
8:15 PM							
8:30 PM							
8:45 PM							

**Yellow colored**  
Classes are complimentary to all members, or just \$10.00 for guests. Drop-ins are always welcome!

**Lavendar colored**  
Special event workshop  
Please see club or website for details.  
[www.fghealthandfitness.com](http://www.fghealthandfitness.com)

**Blue Colored**

9:00 - 9:45  
Irish I  
Miss Christina  
9:45 - 10:30  
Irish II  
Miss Christina  
10:30 - 11:15  
Irish III  
Miss Christina  
11:15 - 12:30  
Irish IV  
Miss Christina

**Green colored**

Classes associated with FG Dance Arts.  
More info, please call:  
Patty Peterson  
#503-352-4682

**Choosing a Class-**

Unless indicated, you may join or observe a class at any time. Choose a class style that appeals to you, works with your schedule and helps meet your goals. Try out several until you find the perfect fit.

**Your first class-**

Introduce yourself to your instructor. Take each piece learning the routine one step at a time. Have fun!

**What to wear-**

Most important is to wear a good supportive aerobic or cross-trainer shoe and comfortable clothing.