Forest Grove Health & FITNESS

GROUP FITNESS SCHEDULE

Classes are free to members unless stated otherwise.
Non-members may drop-in for just $5 per class.

Club Hours:

Monday - Friday	Saturday - Sunday
5:00am -10:00pm	7:00am - 5:00pm

Group Fitness Room #1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM						
5:45 AM	5:45-6:45 Step Heather		5:45-6:45 Cardio Sculpting Rita		5:45-6:45 Step Heather	
6:00 AM		6:00 - 7:00 Yoga Tabor		6:00 - 7:00 Yoga II Tabor		
6:15 AM						
6:30 AM						
6:45 AM						
7:00 AM						
7:15 AM						
7:30 AM						
7:45 AM						
8:00 AM						8:00 - 9:00 Cardio Dance Fusion Rita
8:15 AM						
8:30 AM						
8:45 AM						
9:00 AM	9:00-10:00 Pilates Rita	9:00-10:00 Cardio Kick Boxing Rita	9:00-10:00 Pilates Rita	9:00-10:00 Cardio Kick Boxing Heather	9:00-10:00 Pilates Rita	9:00 - 10:00 Boot Camp Heather
9:15 AM						
9:30 AM						
9:45 AM						
10:00 AM	10:00 - 11:00 Silver & Fit Sue	10:00 - 11:00 Beginning Yoga Elizabeth	10:00 - 11:00 Silver & Fit Sue	10:00 - 11:00 Beginning Yoga Elizabeth	10:00 - 11:00 Silver & Fit Sue	
10:15 AM						
10:30 AM						
10:45 AM						
11:00 AM		11:00 - 12:00 Intermediate Yoga Elizabeth	11:00 - 12:00 Nia Laurie	11:00 - 12:00 Intermediate Yoga Elizabeth	11:00 - 12:00 Nia 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					Room reserved. Unavailable for member use during this time.	
3:15 PM						
3:30 PM						
3:45 PM						
4:00 PM						
4:15 PM						
4:30 PM						
4:45 PM						
5:00 PM		5:00 - 6:00 Cardio Dance Fusion Rita		5:00 - 6:00 Cardio Dance Fusion Rita		
5:15 PM						
5:30 PM	5:30 - 6:30 Kickboxing Rita		5:30 - 6:30 Kickboxing Rita			
5:45 PM						
6:00 PM		6:00 - 7:00 Boot Camp Shannon		6:00 - 7:00 Boot Camp Shannon		
6:15 PM						
6:30 PM	6:30-7:30 Toning Band Sherri		6:30 - 7:30 Toning Band Sherri			
6:45 PM						
7:00 PM						
7:15 PM						
7:30 PM	7:30 - 8:30 Yoga Tabor		7:30 - 8:30 Yoga Tabor			
7:45 PM						
8:00 PM						
8:15 PM						
8:30 PM	Room reserved					

Group Fitness Room #2

Monday	Tuesday	Wednesday	Thursday	Friday	Satuday
7:30 - 8:30 Body Pump Sherri		7:30 - 8:30 Body Pump Sherri			