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EFFECTIVE 11/03/18



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
					<b>8:00 AM</b> <b>CORE STRENGTH</b> <b>W/IVAN</b>  	
<b>10:00 AM</b> <b>CORE STRENGTH</b> <b>W/GINGER</b>  	<b>10:00 AM</b> <b>ZUMBA GOLD</b> <b>W/KIM</b> 	<b>10:00 AM</b> <b>POUND</b> <b>W/DEE</b>  	<b>10:00 AM</b> <b>SLOW FLOW YOGA</b> <b>W/GINGER</b>  	<b>10:00 AM</b> <b>CORE STRENGTH</b> <b>W/IVAN</b>  	<b>9:00 AM</b> <b>H.I.I.T.</b> <b>W/GINGER</b>  	
<b>11:30 AM</b> <b>BARRE</b> <b>W/JILL</b> <b>POSTPONED UNTIL 11/12</b>  	<b>12:15 PM*</b> <b>BOOT CAMP</b> <b>W/ALYSON</b> 	<b>11:30 AM</b> <b>BARRE</b> <b>W/JILL</b> <b>POSTPONED UNTIL 11/12</b>  	<b>12:15 PM*</b> <b>BOOT CAMP</b> <b>W/ALYSON</b> 			
<b>4:15 PM</b> <b>BARRE</b> <b>W/JILL</b> <b>POSTPONED UNTIL 11/12</b>  		<b>4:15 PM</b> <b>CORE STRENGTH</b> <b>W/IVAN</b>  	<b>5:30 PM</b> <b>TRX</b> <b>W/IVAN</b> 		<div style="border: 1px solid black; padding: 5px;"> <p><b>HOW TO PAY FOR CLASS:</b>            All classes are drop-in. Your first class is always free. Class Prices are FREE for Land &amp; Water Members, Drop-in rate is \$6, and Lunch Class is \$4. To purchase a pass, call us at (503) 325-7275 or sign up in person at 1555 W. Marine Drive.</p> </div>	
<b>5:30 PM</b> <b>POUND</b> <b>W/DEE</b>  	<b>5:30 PM</b> <b>TRX</b> <b>W/IVAN</b> 	<b>5:30 PM</b> <b>SCULPT N' STRETCH</b> <b>W/JILL</b> <b>POSTPONED UNTIL 11/12</b>  	<b>6:00 PM</b> <b>CYCLING 360</b> <b>W/JILL</b>   	<b>6:00 PM</b> <b>ZUMBA</b> <b>W/SHANNON</b> 		
<b>6:00 PM</b> <b>CYCLING</b> <b>W/SAM</b> 	<b>6:00 PM</b> <b>CYCLING 360</b> <b>W/JILL</b>  	<b>6:00 PM</b> <b>CYCLING</b> <b>W/SAM</b> 	<p>WHAT IS THE FOCUS OF CLASS?</p>  STRENGTH  RESTORATIVE  CARDIO			
						<p><b>ALL CLASSES ARE 55 MINUTES, UNLESS NOTED OTHERWISE</b></p> <p><b>*30 MINUTE LUNCHTIME CLASS</b></p>



## Have Fun & Stay Active JOIN US AT VOLLEYBALL OPEN GYM!

Starting Oct. 3rd, we will be at Astoria Middle School every Wednesday from 7:00-9:30pm for an evening of friendly competition. Everyone is welcome.

**Cost is \$5.00**