



Fitness Studio Summer Schedule 2020

Chehalem Aquatic & Fitness Center 503-537-2909

Group Fitness Classes will be starting back up the week of June 1st (unless otherwise stated)

We have moved the higher intensity classes to the gymnasium floor. Those classes include: Pound, HIGH Fitness, All Zumba classes and Barre Fusion (Saturday only).

Classes staying in the Fitness Studio will require pre-registration because we have to limit the number of participants to **9 maximum** due to space. Call 503-537-2909 to reserve your spot in a class. Reservation limit is 2 classes per week per person. Reserve your weekly classes on Friday for the following week. These classes include: All Barre above, Barre Fusion classes on Tuesday & Thursday, Vinyasa and Gentle Yoga.

Please bring your OWN yoga mats and water bottles

Drinking fountains are all closed

Monday:

9:00-9:45 AM	Barre Above	Khara Puncochar, Instructor (Starts June 15)	Reservations required
12:00-1:00 PM	Barre Stretch & Tone	Janell Amquist-Meireis, Instructor (Starts June 15)	Reservations required
4:25-5:25 PM	Pound	Yelena Anderson, Instructor	Drop in, Gym
5:30-6:30 PM	Zumba®	Lorena Crespo, Instructor	Drop in, Gym

Tuesday:

7:00-8:00 AM	Vinyasa Yoga	Bree Taylor, Instructor (Starts June 9)	Reservations required
9:00-10:00 AM	Zumba®	Lindsay Langham, Instructor (Starts June 16)	Drop in, Gym
4:15-5:15 PM	Barre Fusion	Khara Puncochar, Instructor	Reservations required

Wednesday:

9:00-9:45 AM	Barre Above	Khara Puncochar, Instructor (Starts June 17)	Reservations required
10:15-11:30 AM	Gentle Yoga	Bree Taylor, Instructor (Starts June 10)	Reservations required
4:25-5:25 PM	Pound	Yelena Anderson, Instructor	Drop in, Gym
5:30-6:30 PM	Zumba®	Lorena Crespo, Instructor	Drop in, Gym
6:40-7:00 PM	Zumba® Strong	Lorena Crespo, Instructor	Drop in, Gym

Thursday:

7:00-8:00 AM	Vinyasa Yoga	Bree Taylor, Instructor (Starts June 11)	Reservations required
9:00-10:00 AM	Zumba®	Lindsay Langham, Instructor (Starts June 18)	Drop in, Gym
4:15-5:15 PM	Barre Fusion	Khara Puncochar, Instructor	Reservations required

Friday:

4:30-5:15 PM	Barre Above	Janell Almquist-Meireis, Instructor	Reservations required
5:30-6:30 PM	Zumba®	Lorena Crespo, Instructor	Drop in, Gym

Saturday:

8:30-9:30 AM	Barre Fusion	Khara Puncochar, Instructor	Drop in, Gym
9:45-10:45 AM	Zumba®	Lorena Crespo, Instructor	Drop in, Gym

Sunday:

3:00-4:00 PM	HIGH Fitness	Erika Barber, Instructor	Drop in, Gym
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