



Class Schedule

1715 BEAVERCREEK RD.
 OREGON CITY, OR 97045
 503.657.7717

DAY	TIME	LOCATION
M	Water Walking, 9:00AM	Pool
	Zen Strength, 9:30AM	Annex
	Water Aerobics, 9:30AM	Pool
	Zumba, 6:15PM	Annex
	Water Aerobics, 6:00PM	Pool
T	Zumba, 9:30AM	Annex
	Water Walking, 9:00AM	Pool
	Water Aerobics, 9:30AM	Pool
	Water Aerobics, 6:00PM	Pool
W	Tai Chi 9:00AM	Annex
	Water Aerobics, 9:30AM	Pool
	Water Aerobics, 6:00PM	Pool
	Zumba, 6:15PM	Annex
T	Zumba, 9:30AM	Annex
	Water Walking, 9:00AM	Pool
	Water Aerobics, 9:30AM	Pool
	Water Aerobics, 6:00PM	Pool
	HIIT, 5:30PM	Annex
F	Tai Chi, 9:00AM	Annex
	Water Aerobics, 9:30AM	Pool
	Water Aerobics, 6:00PM	Pool
S	Zumba, 9:30AM	Annex

GYM MEMBERS RECEIVE A DISCOUNT ON ANNEX CLASSES

Children 3-13 may use the pool Tuesday, Thursday, Saturday and Sunday after 12 noon except during water class times.

Children must be accompanied by an adult. Guest fees apply for all non-members.