



May

GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YOGA FLOW 7:30 - 8:30 Jaclyn Hybrid Studio & Virtual		YOGA FLOW 7:30 - 8:30 Jaclyn Hybrid Studio & Virtual		YOGA FLOW 7:30 - 8:30 Jaclyn Hybrid Studio & Virtual
	BETTER BONES & BALANCE (fee) 11:00 - 11:45 Mana Virtual		BETTER BONES & BALANCE (fee) 11:00 - 11:45 Mana Virtual	
YOGA 12:00 - 1:00 Deb Studio	BEGINNER STRENGTH 12:00 - 1:00 Deb Studio	YOGA 12:00 - 1:00 Deb Studio	BEGINNER STRENGTH 12:00 - 1:00 Deb Studio	YOGA 12:00 - 1:00 Deb Studio
CORE STRENGTH 1:00 - 1:30 Deb Studio	CORE STRENGTH 1:00 - 1:30 Deb Studio	CORE STRENGTH 1:00 - 1:30 Deb Studio	CORE STRENGTH 1:00 - 1:30 Deb Studio	CORE STRENGTH 1:00 - 1:30 Deb Studio
CHAIR YOGA 2:00 - 3:00 Sherry Studio		CHAIR YOGA 2:00 - 3:00 Sherry Studio	BEGINNER TAI CHI 3:00 - 4:00 Bryan Studio	
	DANCE FITNESS 4:30 - 5:30 Sherry Studio		DANCE FITNESS 4:30 - 5:30 Sherry Studio	
	ADVANCED TAI CHI 5:45 - 6:45 Bryan Studio			

* Scheduled subject to change

* View online schedule for most accurate class schedule

* Due to instructor availability, several class dates cancelled in March, see online schedule

Active Wellness Center Kruse Woods

5300 Meadows Rd, Suite 150 Lake Oswego, OR 97035 • 503.216.6606