



GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA FLOW 7:30 am Jaclyn Hybrid		YOGA FLOW 7:30 am Jaclyn Hybrid		YOGA FLOW 7:30 am Jaclyn Hybrid		
	L.I.F.T. & BALANCE 8:30 am Angie		L.I.F.T. & BALANCE 8:30 am Angie			
	MAT PILATES 9:30 am Julia			MAT PILATES 9:30 am Julia		
BETTER BONES & BALANCE 12:00 pm Mana <i>fee</i>	BETTER BONES & BALANCE 12:00 pm Mana Virtual <i>fee</i>		BETTER BONES & BALANCE 12:00 pm Mana <i>fee</i>	BETTER BONES & BALANCE 12:00 pm Mana Virtual <i>fee</i>		
YOGA 1:00 pm Deb		YOGA 1:00 pm Deb	BEGINNER TAI CHI 1:45 pm Bryan	YOGA 1:00 pm Deb		
CHAIR YOGA 2:00 pm Deb		CHAIR YOGA 2:00 pm Deb	INTERMED. TAI CHI 3:00 pm Bryan	CHAIR YOGA 2:00 pm Deb		
BOOT CAMP 5:30 pm Angie <i>fee</i>	ADVANCED TAI CHI 5:45 pm Bryan	BOOT CAMP 5:30 pm Angie <i>fee</i>				

Active Wellness Center Kruse Woods

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