

FITNESS



WINTER BREAK 2011 SCHEDULE

www.pdx.edu/recreation/fitness

	MON	TUES	WED	THURS	FRI
8:30-9:30am				ADVANCED YOGA w/Molly	
12-1pm	TURBO KICK w/Ellie	GROUP X STRENGTH w/Caitlin A.	VINYASA YOGA w/Ryan	CYCLE/KRANK w/Erin	ZUMBA w/Jacqueleen
4-5pm	HATHA YOGA w/Sharon				