

Sunset Athletic Club Fitness Winter Schedule - Effective Jan. 1, 2012

* All classes are 1 hour in length unless otherwise specified.

* All instructors are highly trained and dedicated professionals...with current CPR/First Aid certifications.

Spinning Classe:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning classes are mentally and physically challenging. Ask your instructor for modifications. 45 min. classes unless specified. S P I N N I N G	5:30 a.m. Al	5:30 a.m. Mary Beth	5:30 a.m. Mackenzie	5:30 a.m. Mackenzie	5:30 a.m. Marie		
		6:30 a.m. Eleni		6:30 a.m. Eleni		7:00 a.m. Michael	
		8:00 a.m. Maureen	8:00 a.m. Marie		8:00 a.m. Mary	8:00 a.m. Michael	
	9:00 a.m. Michael	9:00 a.m. Amy	9:00 a.m. Maureen	9:00 a.m. Amy	9:00 a.m. Tina	9:00 a.m. Eleni	
	10:00 a.m. Mary						10:00 a.m. Tina/Alysse
		11:30 Sprint & Strength Eleni		11:30 Sprint & Strength Eleni			3:00 p.m. * Rotating Instructor
						4:00p.m. * Rotating Instructor	
		5:00 p.m. Michael		5:00 p.m. Michael			
		6:00 p.m. Michael		6:00 p.m. Michael			
* Available only mid-Oct through May.	6:30 p.m. Kim		6:30 p.m. Kim				

Body Conditioning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Inclement Weather Policy: SAC follows Beaverton School District Closures B O D Y C O N D I T I O N I N G PREVIOUSLY STUDIO C	5:30 a.m. Step Circuit Ginny	5:30 a.m. Functional Training Eleni	5:30 a.m. Step Circuit Ginny	5:30 a.m. Functional Training Eleni	5:30 a.m. Step/Yoga Al		
	8:00 a.m. Sculpt & Strengthen Marie	8:00 a.m. Step & Sculpt Mary	8:00 a.m. 20/20/20 JoAnne	8:00 a.m. Zumba Nancy	8:00 a.m. Sculpt & Strengthen Jane		
	8:00 or 8:30 a.m. * Fit Walk Sabra		8:00 or 8:30 a.m. * Fit Walk Sabra		8:00 or 8:30 a.m. * Fit Walk Sabra	8:00 a.m. Zumba Nancy	
	9:00 a.m. 20/20/20 JoAnne	9:00 a.m. Sculpt & Strengthen JoAnne	9:00 a.m. Gliding Danell	9:00 a.m. Strength & Balance JoAnne	9:00 a.m. Interval Training Danell	9:00 - 10:15 a.m. Step and Sculpt Mary	9:30 - 11:00 a.m. Sculpt & Strengthen Al
	10:00 a.m. Cardio Strength Combo Tina	10:00 a.m. Box Circuit Danell	10:00 a.m. Cardio Strength Combo Tina	10:00 a.m. Box Circuit Danell	10:30 a.m. Zumba Jill	10:30 a.m. Sculpt & Strengthen Tami	
						11:30 a.m. (30 Min) Stretch Tami	
							4:00 TABATA Nancy
		5:00 p.m. Al's Abs Al		5:00 p.m. Al's Abs Al	5:00 p.m. Latin Beat Kristen		
	5:30 p.m. Sculpt & Strengthen Kim	5:30 p.m. Kick Boxing Al	5:30 p.m. Sculpt & Strengthen Kim	5:30 p.m. Box 'n Pump Al			
	6:30 p.m. Step and Sculpt Genny	6:30 p.m. TABATA Nancy	6:30 p.m. Latin Beat Kristen	6:30 p.m. Boot Camp Kim		7:00 p.m. * Zumba Nancy	

Mind/BodyStudio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
M I N D B O D Y		6:30 a.m. Core Strength Mary Beth		6:30 a.m. Core Strength Mackenzie			
	8:00 a.m. Joint Health JoAnne	8:00 a.m. Balanced Body JoAnne	8:00 a.m. Yoga Ken	8:00 a.m. Balanced Body JoAnne	8:00 a.m. Yoga Ken	8:00 a.m. Pi/Yo Ken	
	9:00 a.m. Resist-A-Ball Mary	9:00 a.m. Yoga Jane S.	9:00 a.m. Int. Pilates Julie	9:00 a.m. Yoga/Qi Gong Jane S.	9:00 a.m. Int. Pilates Marie	9:00 a.m. Gentle Yoga Jian Ming	
	10:00 a.m. Power Yoga Brandi	10:00 a.m. Strength & Balance Eleni	10:00 a.m. Yoga Jan	10:00 a.m. Resist-A-Ball Eleni	10:00-11:30 a.m. Power Core Yoga Brandi	10:00 Core/Stretch Eleni	
	11:00 a.m. Beginning Pilates Jill	11:00 a.m. Yin Yoga Gretchen	11:00 a.m. Beginning Pilates Mary	11:00 a.m. Yin Flow Gretchen	11:30 a.m. Qi Gong Jian Ming		11:00 a.m. Core/Stretch Tina/Al
	12:30 p.m. Yoga Joan		12:30 p.m. Yoga Joan		12:30 p.m. Restorative Yoga Amy		
							2:30 p.m. Tai Chi Jamie
							4:00 p.m. Yoga Joan
	5:00 p.m. Int. Pilates Marie	5:00 p.m. Tai Chi Jian Ming	5:00 p.m. Int. Pilates Marie				
		6:00 p.m. Yoga Joan		6:00 p.m. Yoga Joan			
7:30 p.m. Yoga Joan	7:30 p.m. Release & Mobilize Jo Anne	7:30 p.m. Yoga Gretchen					

