

## Sunset Athletic Club Fitness Fall Schedule - Effective Sept. 7, 2010

\* 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 Classes:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning classes are mentally and physically challenging. Ask your instructor for modifications. 45 min. classes unless specified.  <b>S P I N N I N G</b>  * Available only mid-Oct through May.	5:30 a.m. Al	5:30 a.m. Mary Beth	5:30 a.m. Michael	5:30 a.m. Mary Beth	5:30 a.m. Marie		
		6:30 a.m. Al		6:30 a.m. Michael		7:00 a.m. Michael	
			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. Alysse	9:00 a.m. Amy	9:00 a.m. Traci	9:00 a.m. Eleni	
	10:00 a.m. Mary						10:00 a.m. Tina/Alysse
		Noon Express 30 min. - Eleni		Noon Express 30 min. - Alysse			*
		5:00 p.m. Eleni		5:00 p.m. Eleni			
		6:00 p.m. Tina		6:00 p.m. Tina			
	6:30 p.m. Kim		6:30 p.m. Marie				
Body Conditioning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Inclement Weather Policy: SAC follows Beaverton School District Closures  <b>B O D Y  C O N D I T I O N I N G</b>  PREVIOUSLY STUDIO C  * Fit Walk available: July-Sept at 8:00a.m. Oct-June at 8:30a.m. Field trip last Friday each month.	5:30 a.m. Step Ginny	5:30 a.m. Sculpt & Strengthen Michael	5:30 a.m. Step Ginny	5:30 a.m. Sculpt & Strengthen Michael	5:30 a.m. Step 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! Kristen	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				
	9:00 a.m. 20/20/20 JoAnne	9:00 a.m. CardioSculpt JoAnne	9:00 a.m. Gliding Danell	9:00 a.m. Sculpt & Strengthen JoAnne	9:00 a.m. Box Interval Danell	9:00 - 10:15 a.m. Step & Sculpt Cheri	9:30 - 11:00 a.m. Sculpt & Strengthen Al
	10:00 a.m. Step&Sculpt Tina	10:00 a.m. Box Circuit Danell	10:00 a.m. Step&Sculpt Tina	10:00 a.m. Box Circuit Danell	10:00 a.m. Zumba! Kristen	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. Zumba! Kristen		
	5:30 p.m. Sculpt & Strengthen Kim	5:30 p.m. Kick Boxing Al	5:30 p.m. Sculpt & Strengthen Kristen	5:30 p.m. Box 'n Pump Al			
	6:30 p.m. 20/20/20 Genny	6:30 p.m. TABATA Nancy	6:30 p.m. Zumba! Kristen				
Mind/BodyStudio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>M I N D  B O D Y</b>		6:30 a.m. Core/Pilates Mary Beth		6:30 a.m. Core/Pilates Mary Beth			
		8:00 a.m. Balanced Body JoAnne	8:00 a.m. Yoga Fusion Ken	8:00 a.m. Balanced Body JoAnne	8:00 a.m. Yoga Fusion 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 Tami	9:00 a.m. Yoga 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. Standing Pilates Eleni	10:00 a.m. Yoga Flow Jan	10:00 a.m. Power Yoga April	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. Hatha Yoga Joan		12:30 p.m. Hatha Yoga Joan		12:30 p.m. Restorative Yoga Amy		
							2:30 p.m. Tai Chi Jamie
							4:00 p.m. Hatha 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. Hatha Yoga Joan		6:00 p.m. Hatha Yoga Joan			
7:30 p.m. Hatha Yoga Joan	7:30 p.m. Release & Mobilize Jo Anne	7:30 p.m. Yoga Flow Gretchen		7:30 p.m. Mind-Body Mix Rotating Instructors			

