

Sunset Athletic Club Fitness Spring Schedule - Effective March 29, 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. S P I N N I N G	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/Eva	
		Noon Express 30 min. - Eleni		Noon Express 30 min. - Eleni			3:00 p.m. * Rotating	
						4:00 p.m. * Eva		
		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. Mary					
* Available only mid-Oct through May.								
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 * Fit Walk available: April-Oct at 8:00a.m. Nov-Mar at 8:30a.m.	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			
	7:30 a.m. Walking Group No Instructor		7:30 a.m. Walking Group No Instructor		7:30 a.m. Walking Group No Instructor			
	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 Rotating Inst.	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		
		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	
M I N D B O D Y		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. Beg./Int. Pilates 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 Juanita	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. Alexander Technique Juanita	10:00-11:30 a.m. Power Core Yoga Brandi	10:00 Core/Pilates 10:30 Stretch Eleni		
	11:00 a.m. Beginning Pilates Jill	11:00 a.m. Yin Yoga Gretchen	11:00 a.m. Beginning Pilates Jill		11:30 a.m. Beg. Tai Chi/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	5:00 p.m. Beginning Pilates Jill				
		6:00 p.m. Hatha Yoga April		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 Instr.				

