

GROUP FITNESS SCHEDULE

MATT DISHMAN COMMUNITY CENTER
77 NE Knott Street • Portland, OR 97212 Ph. 503-823-3673

For ages 14+. Access to group fitness classes included with daily admission. Fitness passes available, inquire at the front desk.

MON	TUE	WED	THU	FRI	SAT	SUN
	7:00-8:00am Yoga <i>all levels</i>					
9:00-10:00am Zumba® Gold	9:00-10:00am Zumba® Toning	9:00-10:00am Zumba® Gold	9:00-10:00am Zumba® Toning	9:00-10:00am Zumba® Gold		
9:00-10:30am Muay Thai Kickboxing		9:00-10:30am Muay Thai Kickboxing		10:00-11:00am Yoga <i>all levels</i>		
9:30-10:30am <i>Beginning</i> Pilates Mat	10:15-11:15am Yoga <i>all levels</i>	9:30-10:30am <i>Beginning</i> Pilates Mat		10:00-11:00am Strength Training	9:30-10:30am U-Jam Fitness®	
10:30-11:30am <i>Intermediate</i> Pilates Mat		10:30-11:30am <i>Intermediate</i> Pilates Mat		10:15-11:15am Pilates Mat	10:30am-12:00pm Muay Thai Kickboxing	
10:30-11:30am Yoga <i>all levels</i>		10:45-11:45am Yoga <i>all levels</i>		11:30am-12:30pm Chair Yoga	10:45-11:45am Tahiti Fit	11:15am-12:30pm Yoga <i>all levels</i>
12:00-1:00pm Yoga <i>all levels</i>	12:00-1:00pm U-Jam Fitness®	12:00-1:00pm Yoga <i>all levels</i>				
		12:00-1:00pm Strong by Zumba®		1:00-2:00pm Nia	1:00-2:00pm Boot Camp	
		4:45-5:45pm POP Pilates				
		5:30-6:30pm Boot Camp				
			7:30-8:30pm Groov3™			