

Group Fitness Class Schedule

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM			YOGA Charles		YOGA Charles		
8:30 AM					PILATES Kacie		
9:00 AM		BODY SCULPT Paul	PILATES Jennie	BODY SCULPT Paul		BODY SCULPT Paul	
9:30 AM					YOGA Leslie		YOGA Leslie
10:00 AM			NIA Jennie				
12:00 PM	INTERVAL CIRCUIT Paul	YOGA-LATES FUSION Leslie			YOGA Leslie		
4:00 PM							
5:30 PM			BODY SCULPT Paul				
6:00 PM		ZUMBA Tina		ZUMBA Tina			
6:30 PM			YOGA Leslie				

THE SPA
RIVER'S EDGE HOTEL
PORTLAND

CLASS DETAILS

Hotel guests enjoy free classes!

INTERVAL CIRCUIT

A complete total body workout done in the main cardio/weight room. Combine intervals of cardio work (treadmills, elliptical, bikes) with intervals of weight work on the machines (leg & chest press, & more). Meet your instructor at the top of the stairs for a class that is twice the workout and twice the fun!

ZUMBA

A Zumba workout mixes body sculpting movements with dance steps derived from cumbia, merengue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and calypso and Salsaton. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the glutes, legs, arms, abdominals, and the heart.

YOGA

Develop the fundamentals of a healthy movement-based yoga practice. Fusing breath with flowing movements, you'll ingrain the basics of yoga into muscle memory. Mats can be supplied if needed.

PILATES

A mat workout that includes concentrated work on core strength, body alignment and muscular balance to strengthen your muscles for power from the body's core to the entire body. Your result will be strength, balance, and freedom of movement.

CORE FITNESS

Core Fitness includes exercises that strengthen and increase flexibility of abdominal, pelvis, hip, and back muscles; all of which make up the "core" and provide support for the spine. Various equipment such as hand weights, foam rollers, and fitness balls may be used. The format will consist of functional fitness and interval training routines incorporating some cardiovascular endurance. This class is perfect for all fitness levels!

NIA

A non-impact physical conditioning program. It combines martial arts and dance in a workout set to music.