



Winter 2010 Class Schedule

8525 SW Barbur Blvd. Portland, OR 97219
 (503) 922-3911

Class schedule subject to change-check web site for updates
www.revolutionpdx.com

Class Key:

Cardio/Weight Loss
Moderate Pace & Intensity
Mind/Body

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7 am *Boot Camp Andrea Begins Jan 11		6-7 am *Boot Camp Andrea Begins Jan 11		6-7 am *Boot Camp TBA Begins Jan 11		
	7:30-8:30 am Power Yoga Dawn			7:30-8:30 am Power Yoga Dawn		
				10:30-11:30 am Gentle Yoga Jerri		11 am-12 pm Heated Power Vinyasa Kaitlin
1-2 pm Power Vinyasa Yoga Kaitlin			1-2 pm Power Vinyasa Yoga Kaitlin			
5:15-6:15 pm Gentle Yoga Jerri	5:30-6:30 pm Heated Power Vinyasa Kaitlin					
6:30-7:30 pm Hip Hop Jan 4-Mar 1 Narong	7-8:30 pm Hula Hoop Fitness Jan 26- Feb 16 Fey	8-9 pm Chakra Yoga/Meditation Jerri/Laura	7-8 pm Heated Power Vinyasa Kaitlin NO CLASS 4/1			

***Boot Camp** This class is designed to burn calories and build endurance designed around FUN! Boot camp offers a mix of cardio and strength training intervals. Be prepared to sweat and be challenged! All levels welcome. **This is a session class and not included in punch card program.**

Hip Hop If you love to dance and work your body, this class is for you! This class energizes you with modern street moves to hip-hop beats-all while burning calories in a fun aerobic workout. No black soled shoes please.

Hula Hooping for Fitness Get in shape and have fun using heavier, adult sized hula hoops! Learn tricks and moves to tone your waist, arms, back, and buns. No previous experience necessary. Hoops provided. Optional hula hoops available for purchase at class.

Pilates Sculpt your body while working the deep abdominal muscles. These precise motions help to strengthen the body without adding bulk. Improve posture and body awareness while effectively toning the body. All levels welcome!

Power Vinyasa (heated) Open your heart, body, and mind in this detoxifying, heated vinyasa flow. Work with strong, flow-based sequence and explore opportunities to practice more intermediate balances, backbends, and inversions.

Yoga (non-heated) Appropriate for first-timers and returning yogis alike, this class will focus on alignment and building a strong foundation, while creating movement with a smooth vinyasa flow. Build strength, find flexibility, and leave feeling blissfully relaxed!

Zumba Ditch the Workout! Join the Party! A dynamic, exciting and effective workout. Join the mission to get in shape the fun way! This Latin dance-based fitness craze is sweeping the country! Come see why people of all ages are falling in love with its infectious music, easy-to-follow dance moves, and body-beautifying benefits. Move Fast and Have Fun! All levels welcome!

****Many of our instructors offer personal training! For more information, please call or email (studio@revolutionpdx.com) the studio.**