

SATURDAY SAMPLER GROUP FITNESS CLASSES



SATURDAY, JAN. 11

8:30 A.M.–1:30 P.M.

Chehalem Aquatic & Fitness Center · 503.537.2909
1802 Haworth Ave., Newberg, OR 97132

A FREE community event! Join in on the fun and sample our group fitness classes! All are welcome, even without a membership.

FITNESS CLASS LINEUP

STRENGTH & BURN | With Chelsea
8:30 a.m.–8:55 a.m.

BARRE FUSION | With Khara
9:00 a.m.–9:25 a.m.

ZUMBA | With Julie
9:30 a.m.–9:55 a.m.

MAT PILATES | With Cheri
10:00 a.m.–10:25 a.m.

LINE DANCING | With Denise
10:30 a.m.–10:55 a.m.

HIP HOP | With Kimo
11:00 a.m.–11:25 a.m.

YIN YOGA W/ MEDITATION | With Leslie
11:30 a.m.–11:55 a.m.

ZUMBA | With Angela
12:00 p.m.–12:25 p.m.

BARRE TONE & STRETCH | With Janelle
12:30 p.m.–12:55 p.m.

HIGH FITNESS | With Erika
1:00 p.m.–1:25 p.m.

**HEALTH & FITNESS
FAIR IN THE LOBBY**
BOOTHS & INFORMATION

CHILD WATCH SAMPLER

Want to join in on the fun but need child care? Our Child Watch program will be available for the whole event (8:30 a.m.–1:30 p.m.)

\$55 FOR THE ENTIRE EVENT
For 1 child · Must bring a lunch

\$15 FOR DROP-IN (UP TO 90 MINUTES)
Per child · Must be taking part in the Saturday Sampler

If you try our Child Watch program for the whole Saturday Sampler event, you will receive a \$10 off coupon on a monthly pass for February Child Watch.