



Class Schedule

Take It Outside! Fitness & FUNCTIONAL FITNESS STUDIO

M	T	W	Th	F	Sa
	Small Group Surprise Studio 6:30-7:30	Pilates Flow Studio 630-730	Small Group Surprise Studio 6:30-7:30		
				Pilates Flow Studio 8:30-9:30	Walk/Jog/Run Mt Tabor 830-930am
TRX in the Park Mt Tabor 9:15-10:15		Hula Hoop Fitness Mt Tabor 9:15-10:15			Group Acupuncture Studio 8:00-1:00
Pilates Flow Studio 5:45-6:45		TRX AAA Studio 5:45-6:45			

takeitoutsidefitness.com

See the website for full descriptions and the latest updates.

You may drop in on a class, but you must contact us prior.

TRX in the Park: Learn how to use the park, your body and the great portable gym--the TRX. Get in amazing shape for summer and beyond!

Runner's Core: Pilates-infused intergrated-movements to improve your sport, or just life in general!

Small Group Surprise: a combination of TRX suspension training, cardio intervals and lots of fun.

Fresh Air Fitness: Trekking around Mt Tabor with hand weights to tone the whole body

TRX AAA: TRX suspension training targeting the Abs, Arms and Asses. Need we say more?

Pilates Flow: pilates on the mat at a smoother, peppier speed. Makes you feel, taller, leaner, great!

Walk/Jog/Run: Calling all those who dream of running, but aren't sure where to start. You can do this!

In addition to small group training classes we offer

- **Personal Training**
- **Small Group Training**
- **Lifestyle/Weight Management Coaching**
- **Private Pilates Reformer Training**

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<http://www.facebook.com/pages/Portland-OR/Take-It-Outside-Fitness/184541711346?ref=ts>



- **FREE classes**
- **Special Events**
- **Share fit tips and suggestions**
- **Fun stuff to keep you fit!**

Kristin Jackson, CPT, LWMC and Pilates instruction
 4179 SE Division St, Portland OR 97202 • 503-701-2179
kristin@takeitoutsidefitness.com
<http://www.takeitoutsidefitness.com/>
<http://takeitoutsidefitness.blogspot.com/>