



FITNESS SCHEDULE

May 2026

Questions? Please call (541) 549-2091 or visit www.sistersrecreation.com for more information

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 AM						
8:00 AM	Zumba* 8:00-9:00 AM Randy	Better Bones & Balance* 8:00-9:00 AM Randy	Open Fitness 7:30 AM- 9:00 PM	Better Bones & Balance 8:00-9:00 AM Randy	Open Fitness 7:30 AM- 9:00 PM	CLOSED
9:00 AM	Better Bones & Balance* 9:15-10:15 AM Randy	Zumba 9:15-10:15 AM Carol	Better Bones & Balance 9:15-10:15 AM Jill	Zumba 9:15-10:15 AM Carol	Circuit Training* 9:15-10:15 AM Savana	Zumba (VC) 9:15-10:15 AM Carol
10:00 AM	Tai Chi (Taijiquan) 10:30-11:30 AM Huong	Muscle Maintenance 10:30-11:15 AM Jill	Better Bones & Balance 10:30-11:30 AM Jill	Muscle Maintenance 10:30-11:15 AM Jill	Open Fitness 10:30 AM- 11:00 AM	
11:00 AM					Tai Chi (4/17-5/15) 11:15 AM -12:00 PM Master Chen	
12:00 PM					Open Fitness 12:00- 12:30 PM	
1:00 PM			Open Fitness 11:45 AM - 3:45 PM			CLOSED
2:00 PM	Open Fitness 11:45 AM - 5:00 PM	Open Fitness 11:30 AM- 5:00 PM		Open Fitness 11:30 AM- 5:00 PM		
3:00 PM					CLOSED	
4:00 PM			Tai Chi* (Taijiquan) 4:00 - 5:00 PM Huong			
5:00 PM	CLOSED					

All fitness classes have a maximum participant capacity of 27. Classes are filled on a first come, first served basis.

Schedule Notices & Cancellations

The fitness studio may be unavailable at times for drop-in use due to district program needs, please call 541-549-2091 to confirm room availability.

Holidays: District closed 5/25 for Memorial Day | ***Substitute Instructors** - Better Bones & Balance: 5/4 & 5/5, Zumba: 5/4 | **Cancellations:** Tai Chi: 5/20, Circuit Training: 5/29

Play Pass Fee (access includes gym, fitness studio, and district drop-in group fitness classes)					Class Legend		Virtual Zumba QR Code
Pass Type	Single Visit	10-Visit	Monthly Auto	3-Month	Cardio	Mind & Body	 Passcode: 617456
CHILD (0-5)	FREE				Older Adult (55+)	Strength Training	
YOUTH (6-18)	\$7 ID/\$10 OD	\$62 ID/\$81 OD	\$55 ID/\$72 OD	\$165 ID/\$216 OD	Contracted Class - Registration Required		
ADULT (19-79)	\$9 ID/\$12 OD	\$80 ID/\$104 OD	\$70 ID/\$91 OD	\$210 ID/\$273 OD	VC = Virtual Class		
HONORED CITIZEN (80+)	\$7 ID/\$10 OD	\$62 ID/\$81 OD	\$55 ID/\$72 OD	\$165 ID/\$216 OD			

Class descriptions are available online, please visit www.sistersrecreation.com/activities/fitness to learn more.