

Current Group Classes

“Power Up” Pilates - Power up both your body & mind with this early am CORE Strengthening/Muscle Lengthening, suitable for any fitness level. Minimize back, hip, & knee pain.

Flexibility/Strength Fusion - Start your week, lengthening, strengthening & energizing your body. With flex bands, free weights & small balls, work through focused/controlled stretching to feel & look your best.

Evening Pilates Experience - Complete each CORE-intense class with renewed energy, increased flexibility & strength, along with decreased aches & pains & a sense of relaxation.

Mid-Day Circuit-Pilates ENERGIZED - This “mid-day” hour of power is guaranteed to boost your energy by focusing on your core, arms & legs. Using both CORE training, Resistance Training & Pilates, enhance your muscle tone and calorie-burn over your lunch hour!

Boomer Bootcamp Blast - Challenge your current fitness level through fun/energizing movements. Hour will breeze by, leaving you feeling accomplished & strong, while burning an incredible amount of calories.

Weekend Pilates Experience - Start your weekend with increased flexibility, with a focus on lengthening/strengthening the muscles of your CORE.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Power Up Pilates 7:30a-8:30a			Power Up Pilates 7:30a-8:30a		Boomer Bootcamp Blast 8:15a - 9:15a
	Mid-Day Circuit-Pilates ENERGIZED 12:30p - 1:30p		Mid-Day Circuit-Pilates ENERGIZED 12:30p - 1:30p		Weekend Pilates Experience 11a - Noon
Flexibility/Strength Fusion 5:45p					
Evening Pilates Experience 7p - 8p		Evening Pilates Experience 7p - 8p			
					Class schedule subject to change. 10.09



Baby Boomer Fitness Solutions offers private sessions, as well as 9 small group classes for adults of every age, every fitness level, and every busy schedule. Classes are designed to work with most fitness levels. A focus on increased Energy Levels/Strength Development/Ease of Movement/Flexibility Enhancement, Core Strengthening, and overall physical well-being, boosts each participant’s level of fitness and injury prevention.

Group Class Pricing Options

\$20 per session.
 10 Session Punch Card : \$160*
 *Card Expires within 3 months of purchase
 20 Session Punch Card : \$280*
 *Card Expires within 6 months of purchase
 Cash, Check and Credit Card accepted.

In an effort to provide the best workout environment for all participants, class size is limited. Please call 503-860-7178 to verify class availability.

Live life without limits!
 Call Baby Boomer Fitness Solutions today at 503.860.7178!

Baby Boomer Fitness Solutions

3800 SW Cedar Hills Boulevard
 Suite 171
 Beaverton, Oregon 97005
 503.860.7178

www.babyboomerfitnesssolutions.com
belinda@babyboomerfitnesssolutions.com

