



503-843-4961  
FALL 2009

**MON**

6:00am  
6:00pm  
7:00pm

MEFit GROUP CYCLING, Julia  
MEFit GROUP CYCLING, Julia  
CARDIO PUMP, Julia

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**TUES**

5:30am  
6-7:00pm

MEFit GROUP CYCLING, Julia  
YOGA, Ela

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**WED**

9:15am  
6:00pm  
7:00pm

YOGA, Erin  
MEFit GROUP CYCLING, Julia  
CARDIO PUMP, Julia

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**THURS**

5:30am  
6:30am  
6-7:00pm

MEFit GROUP CYCLING, Julia  
CARDIO PUMP, Julia  
YOGA, Ela

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**FRI**

6:00am

MEFit GROUP CYCLING, Julia

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**SAT**

9:00am  
10:15am

MEFit GROUP CYCLING\*  
YOGA\*

\*Saturday instructors will be Ela or Erin for cycling and/or yoga.

245 S BRIDGE ST SHERIDAN OR 97378 [WWW.MEFIT2.COM](http://WWW.MEFIT2.COM)

email [admin@mefit2.com](mailto:admin@mefit2.com)