

Group Classes at Center GYROTONIC®

All of our group classes are small and intimate. Please call ahead to reserve a spot unless the class says drop-in's are ok.

503.223.3741

Regular GYROKINESIS® Group Classes

These classes are kept to 6 participants

Monday's 6pm

Community Class (mixed levels) with Lucy Yim

\$5

Drop-in's are welcome

Saturday's

4 week Series Beginner Series with Ashley Barton

1st class starts January 15th

10-11am

Members \$48 Non-Members \$60

Must commit to the full series

GYROKINESIS® Classes with Master Trainer Emma Kingston

Emma often conducts classes throughout the month. They are either master classes taught in a training environment or regular mixed level classes. These classes happen at irregular times and are scheduled each month individually. If you are interested please contact the front desk for the classes in the month to come.

GYROTONIC® Group Equipment Classes

We do offer group classes and duets. These classes are subject to change often so we do not post them online. We do require a certain amount of private instruction to be able to participate in these classes and the permission of your teacher is important. Please contact the front desk for group classes that are currently happening, and ask your instructor if they feel you are ready for these classes. These classes are geared more towards a fluid workout and not highly advised for people working through recent injuries or people who need a lot of special attention or set ups.

You must be able to set up and move your own equipment around.