



WEBSITE: [HTTP://WWW.PORTLANDFREEFITNESS.COM](http://www.portlandfreefitness.com)  
CONTACT: [INFO@PORTLANDFREEFITNESS.COM](mailto:info@portlandfreefitness.com)



# THE PORTLAND FREE FITNESS GUIDE

## HOW TO USE THIS GUIDE

YOU NOW HAVE THE INFORMATION TO SPEND AN ENTIRE YEAR WORKING OUT IN PORTLAND, FOR FREE!

KEEP THIS IN MIND AS YOU VISIT THE HEALTH CLUBS, YOGA STUDIOS, AND FITNESS TRAINING FACILITIES LISTED IN THIS GUIDE:

THESE BUSINESSES OFFER INTRODUCTORY TRIAL MEMBERSHIPS FOR ONE REASON.

**THEY WANT YOU TO JOIN.**

SO, FOLLOW THESE TIPS:

- ACT INTERESTED
- ASK QUESTIONS ABOUT MEMBERSHIP
- WHEN ASKED TO MAKE A DECISION, REPLY THAT YOU HAVE 2 MORE GYMS TO TRY OUT FIRST

FINALLY, AND MOST IMPORTANTLY, AFTER YOU GET YOUR HUNDREDS OF FREE WORKOUTS, YOUR BODY WILL WANT TO CONTINUE STAYING IN SHAPE.

PATRONIZE THESE BUSINESSES.

WHILE TOURING THESE WONDERFUL GYMS, CLUBS, AND STUDIOS, TAKE NOTE OF WHICH ONES YOU LIKE THE BEST. THIS GUIDE IS NOT ONLY MEANT TO GIVE YOU AN INEXPENSIVE WAY TO WORK OUT. IT IS ALSO MEANT TO GET YOU IN THE HABIT OF WORKING OUT.



# THE PORTLAND FREE FITNESS GUIDE

## CATEGORY DEFINITIONS

- › **GYM** - ALSO CALLED HEALTH CLUB OR FITNESS CENTER, THE TERM 'GYM' IS USED FOR A FULL-SERVICE FACILITY THAT HAS SHOWERS, LOCKERS, AND RESISTANCE TRAINING EQUIPMENT. MANY HAVE STUDIOS FOR GROUP EXERCISE CLASSES AS WELL, INCLUDING YOGA, SPINNING, AND PILATES.
- › **YOGA STUDIO** - A ROOM WITH HARDWOOD FLOORS, MIRRORS, AND YOGA PROPS, WHICH PRIMARILY OFFERS SCHEDULED YOGA CLASSES
- › **PERSONAL TRAINING CENTER** - THESE FACILITIES ARE OFTEN OPEN BY APPOINTMENT ONLY, FOR ONE-ON-ONE PERSONAL TRAINING CLASSES OR GROUP EXERCISE CLASSES.
- › **MARTIAL ARTS STUDIO** - MOSTLY OPEN ONLY FOR SCHEDULED CLASSES AND BY APPOINTMENT. PRIMARILY OFFER COMBAT CLASSES, WITH SOME OTHER MOVEMENT CLASSES.
- › **FITNESS CLASS STUDIO** - ONLY OPEN DURING SCHEDULED TIMES FOR GROUP EXERCISE CLASSES.



# ALLSTAR FITNESS

FREE 14 DAY PASS!



2831 SW BARBUR BLVD

503.294.3366

## Notes:

WEBSITE: [HTTP://WWW.ALLSTARFITNESS.COM/PORTLAND.HTM](http://www.allstarfitness.com/portland.htm)

SCHEDULE: [HTTP://WWW.ALLSTARFITNESS.COM/PORTLAND-CLASS-SCHEDULE.HTM](http://www.allstarfitness.com/portland-class-schedule.htm)





# ONE WITH HEART TULEN CENTER

14 DAY FREE PASS!

4231 SE HAWTHORNE BLVD,  
8641 N LOMBARD

503.231.1999

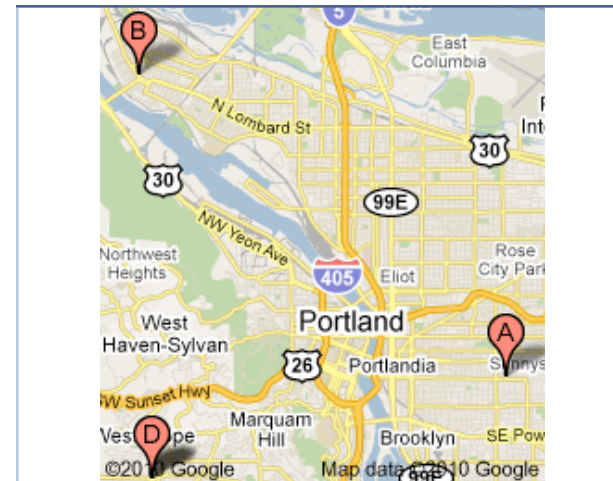


## Notes:

WEBSITE: [HTTP://WWW.ONEWITHHEART.COM/](http://www.onewithheart.com/)

SCHEDULE: [HTTPS://DOCS.GOOGLE.COM/VIEWER?URL=HTTP://](https://docs.google.com/viewer?url=http://www.onewithheart.com/images/schedules/tulen.schedulesall.v07pgs1-3.pdf)

[WWW.ONEWITHHEART.COM/IMAGES/SCHEDULES/  
TULEN.SCHEDULESALL.V07PGS1-3.PDF](http://www.onewithheart.com/images/schedules/tulen.schedulesall.v07pgs1-3.pdf)



HAWTHORNE, ST. JOHNS

MARTIAL ARTS STUDIO



# STUDIO X

2 WEEKS FREE!

2839 SE STARK ST

503.753.5076

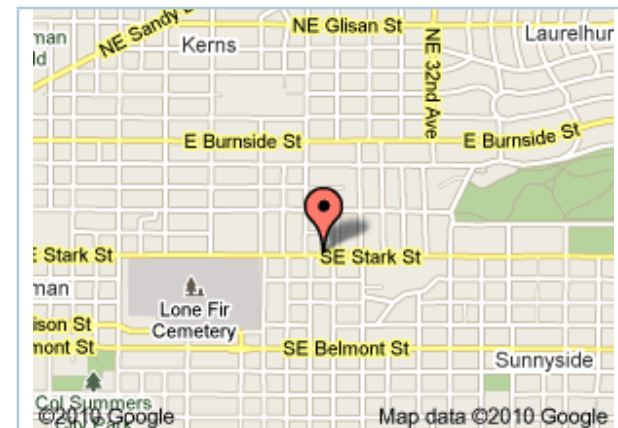
A graphic for Studio X featuring the word "MOVE" in a white, stylized, handwritten font on a black background.

The Studio X logo, which includes the word "STUDIO X" in a bold, sans-serif font with a stylized "X", and the tagline "HEALTH. FITNESS. ENERGY." below it.

## Notes:

WEBSITE: [HTTP://STUDIOXFITNESS.COM/](http://studioxfitness.com/)

SCHEDULE: [HTTPS://CLIENTS.MINDBODYONLINE.COM/ASP/HOME.ASP?STUDIOID=12404](https://clients.mindbodyonline.com/asp/home.asp?studioid=12404)





# US WEST COAST TAEKWONDO

2 WEEKS FREE AND FREE UNIFORM!

4888 NW BETHANY BLVD

503.531.9096

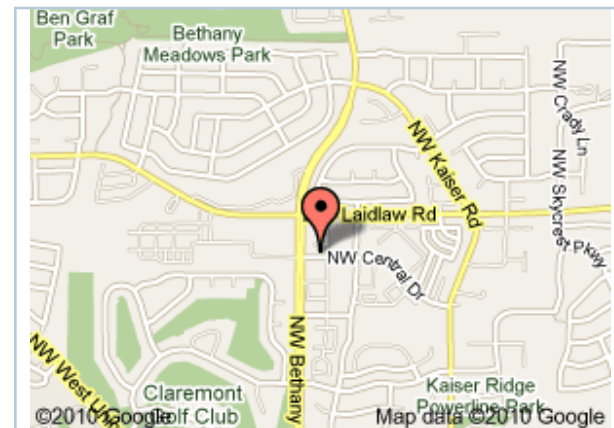


## Notes:

MUST PRINT COUPON FROM WEBSITE

WEBSITE: [HTTP://WWW.BLACKBELTFAMILY.COM/](http://www.blackbeltfamily.com/)

SCHEDULE: [HTTP://WWW.BLACKBELTFAMILY.COM/INDEX.CFM?PAGE=30](http://www.blackbeltfamily.com/index.cfm?page=30)







# LA FITNESS

## FREE 10 DAY PASS



1414 NW NORTHRUP  
1270 NE WEIDLER  
4140 SE 82ND AVE

503.928.8892

### Notes:

PASSES WORK AT INDIVIDUAL LOCATIONS

WEBSITE: [HTTP://WWW.LAFITNESS.COM/PAGES/PORTAL.ASPX](http://www.lafitness.com/pages/portal.aspx)

SCHEDULE: [HTTP://WWW.LAFITNESS.COM/PAGES/CLUBCLASSSCHEDULE.ASPX?CLUBID=438](http://www.lafitness.com/pages/clubclassschedule.aspx?clubid=438)





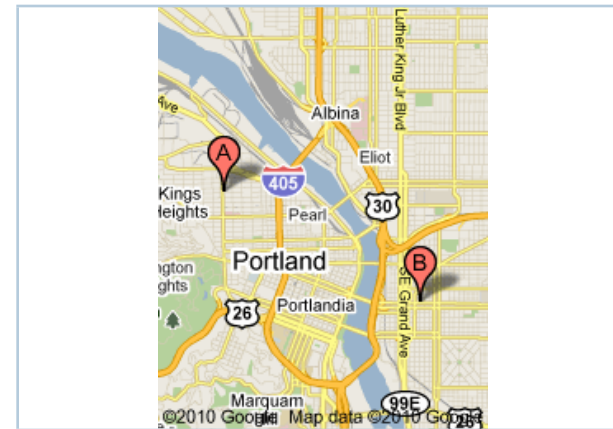


# COREPOWER YOGA

## 1 WEEK OF FREE CLASSES FOR NEW STUDENTS

2277 NW QUIMBY  
844 SE MORRISON

503.226.9642



### Notes:

BEST YOGA IN TOWN.

WEBSITE: [HTTP://WWW.COREPOWERYOGA.COM/LOCATIONS/OREGON/NWPORTLAND.ASPX](http://www.corepoweryoga.com/locations/oregon/nwportland.aspx)

SCHEDULE: [HTTP://WWW.COREPOWERYOGA.COM/CLASSCHEDULES/OREGON.ASPX](http://www.corepoweryoga.com/classchedules/oregon.aspx)

NOB HILL, SOUTHEAST

YOGA STUDIO



# WEST COAST HEALTH AND FITNESS

## 7 DAY FREE PASS

ST JOHNS

7522 N LOMBARD

503.284.5404

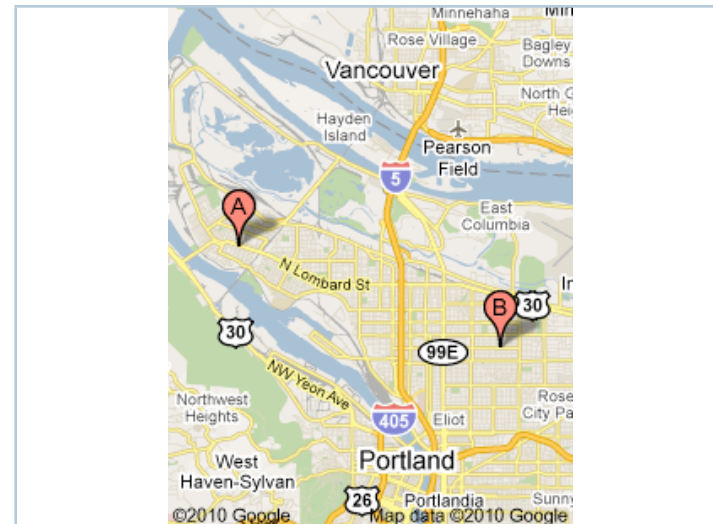


### Notes:

FREE PASS WORKS AT BOTH LOCATIONS

WEBSITE: [HTTP://WESTCOASTHEALTHANDFITNESS.COM/](http://westcoasthealthandfitness.com/)

SCHEDULE: [HTTP://TLC-VENTURES.COM/?PAGE\\_ID=99](http://tlc-ventures.com/?page_id=99)





# BALLY TOTAL FITNESS

## 7 DAY FREE PASS



110 SW YAMHILL  
10860 SW BARNES RD  
10414 SE WASHINGTON ST  
8785 SW BEAVERTON-HILLSDALE HWY  
15353 SW SEQUOIA PARKWAY  
4330 SE INTERNATIONAL WAY

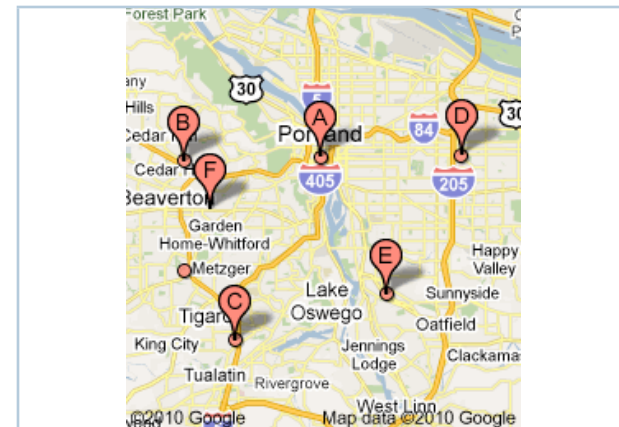
503.223.0088

### Notes:

FREE PASS USABLE ONCE, AT ALL LOCATIONS

WEBSITE: [HTTP://WWW.BALLYFITNESS.COM](http://www.ballyfitness.com)

SCHEDULE:



DOWNTOWN, DEEP SE, BEAVERTON



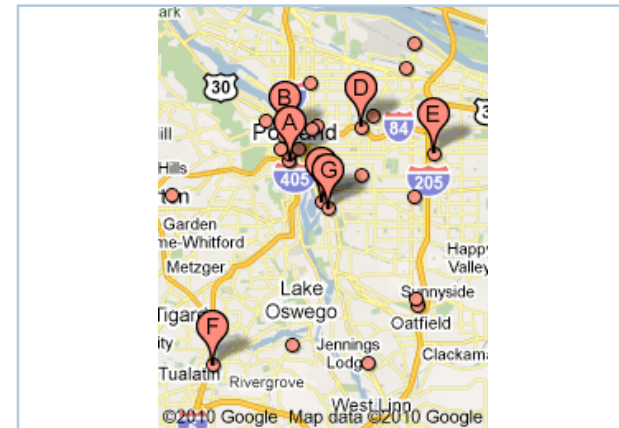
# 24 HOUR FITNESS

## 7 DAY FREE PASS



1210 NW JOHNSON  
1407 SW FOURTH AVE  
4546 SE MCLOUGHLIN BLVD  
4224 NE HALSEY ST  
10052 SE WASHINGTON ST

503.222.1210



### Notes:

AFTER YOU ARE IN THEIR DATABASE, ALL LOCATIONS CONSIDER YOUR FREE TRIAL COMPLETE. "BUT I'D REALLY LIKE TO TRY THIS LOCATION!" HAS BEEN KNOWN TO WORK.

WEBSITE: [HTTP://WWW.24HOURFITNESS.COM/NON\\_MEMBER\\_HOME.HTML](http://www.24hourfitness.com/non_member_home.html)

SCHEDULE: [HTTP://WWW.24HOURFITNESS.COM/FINDCLUB.DO](http://www.24hourfitness.com/findclub.do)



# LLOYD ATHLETIC CLUB

7 DAY FREE PASS

815 NE HALSEY

503.287.4594



## Notes:

WEBSITE: [HTTP://WWW.LLOYDAC.COM/](http://www.lloydac.com/)

SCHEDULE: [HTTPS://DOCS.GOOGLE.COM/VIEWER?URL=HTTP://WWW.LLOYDAC.COM/LACSCHEDULE.PDF](https://docs.google.com/viewer?url=http://www.lloydac.com/lacschedule.pdf)





# RIVERPLACE ATHLETIC CLUB

## 7 DAY FREE PASS

0150 SW MONTGOMERY ST

503.221.1212



Notes:

WEBSITE: [HTTP://WWW.THERAC.COM/](http://www.therac.com/)

SCHEDULE: [HTTPS://DOCS.GOOGLE.COM/VIEWER?URL=HTTP://WWW.THERAC.COM/DOWNLOADS/11.1.10FALLCLASSCHEDULE8.PDF](https://docs.google.com/viewer?url=http://www.therac.com/downloads/11.1.10fallclassschedule8.pdf)





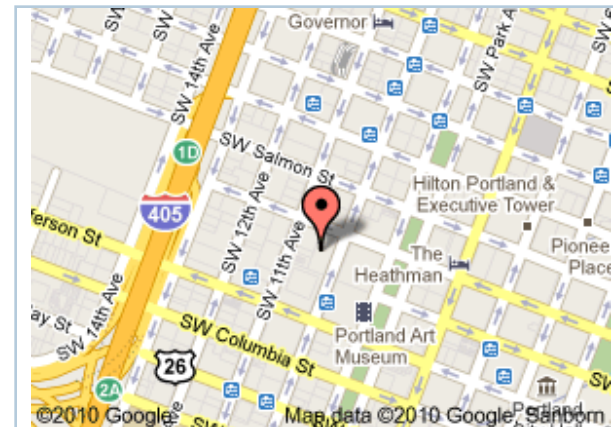


# 10TH AVENUE ATHLETIC CLUB

## 7 DAY FREE PASS

1111 SW 10TH AVE

503.294.7420



### Notes:

WEBSITE: [HTTP://10THAC.COM/](http://10thac.com/)

SCHEDULE: [HTTPS://DOCS.GOOGLE.COM/VIEWER?URL=HTTP://10THAC.COM/10TH-CLASSES.PDF](https://docs.google.com/viewer?url=http://10thac.com/10th-classes.pdf)





# WEST SIDE ATHLETIC CLUB

## 7 DAY FREE PASS

555 SW OAK ST #K

503.222.7800



Notes:



WEBSITE: [HTTP://WWW.EASTSIDEATHLETICCLUB.COM/](http://www.eastsideathleticclub.com/)

SCHEDULE: [HTTP://WWW.EASTSIDEATHLETICCLUB.COM/DOWNTOWN-CLUB/DOWNTOWN-GROUP-FITNESS-CLASS-SCHEDULE.HTML](http://www.eastsideathleticclub.com/downtown-club/downtown-group-fitness-class-schedule.html)



# WILLAMETTE ATHLETIC CLUB

## 7 DAY FREE PASS

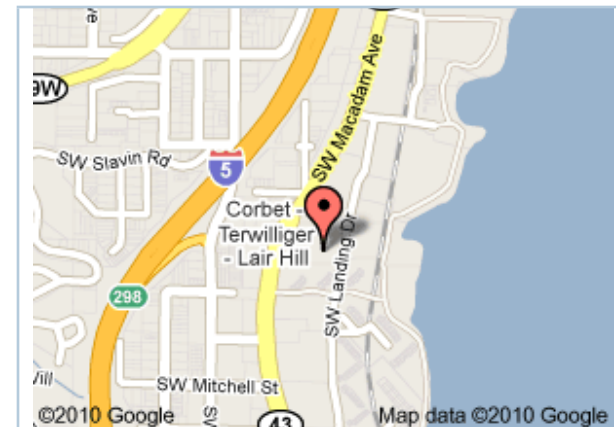
4949 SW LANDING DR

503.225.1068

### Notes:

WEBSITE: [HTTP://WWW.WILLAMETTEATHLETICCLUB.COM/](http://www.willametteathleticclub.com/)

SCHEDULE:





# GIANTS GYM

## 7 DAY FREE PASS

5223 NE SANDY BLVD

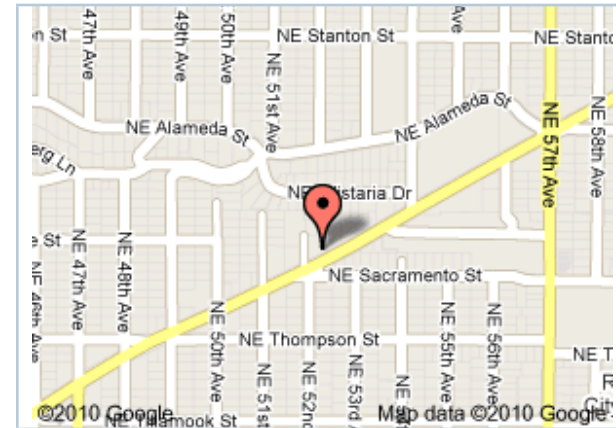
503.281.4776



### Notes:

WEBSITE: [HTTP://WWW.GIANTSGYM.COM/](http://www.giantsgym.com/)

SCHEDULE: [HTTP://WWW.GIANTSGYM.COM/CONTENT/EXERCISE-CLASSES-0](http://www.giantsgym.com/content/exercise-classes-0)





# EDGE PERFORMANCE FITNESS

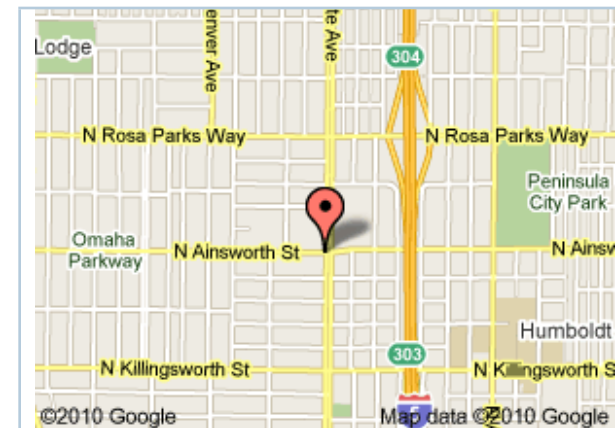
## 7 DAY FREE TRIAL

NORTH PORTLAND



1502 N AINSWORTH

503.265.8685



### Notes:

WEBSITE: [HTTP://EDGEPERFORMANCEFITNESS.COM/](http://edgeperformancefitness.com/)

SCHEDULE: [HTTP://EDGEPERFORMANCEFITNESS.COM/CLASS-SCHEDULES/](http://edgeperformancefitness.com/class-schedules/)

PERSONAL TRAINING CENTER



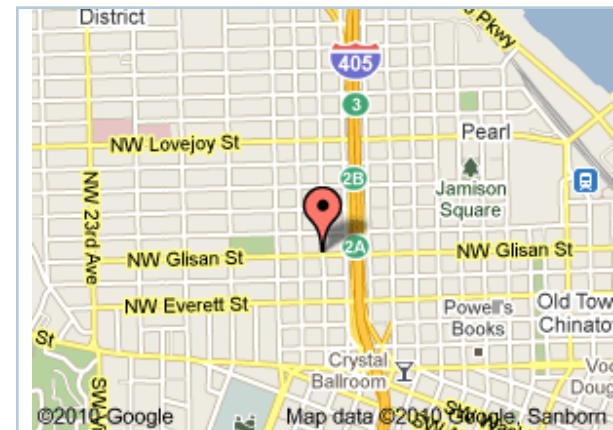
# STUDIO BLUE PILATES

FIRST WEEK FREE!



512 NW 17TH

503.224.5073



## Notes:

WEBSITE: [HTTP://WWW.STUDIOBLUEPDX.COM/](http://www.studiobluepdx.com/)

SCHEDULE: [HTTPS://CLIENTS.MINDBODYONLINE.COM/ASP/HOME.ASP?STUDIOID=2722](https://clients.mindbodyonline.com/asp/home.asp?studioid=2722)



# NORTHWEST WOMENS FITNESS CLUB

## FREE 7 DAY PASS

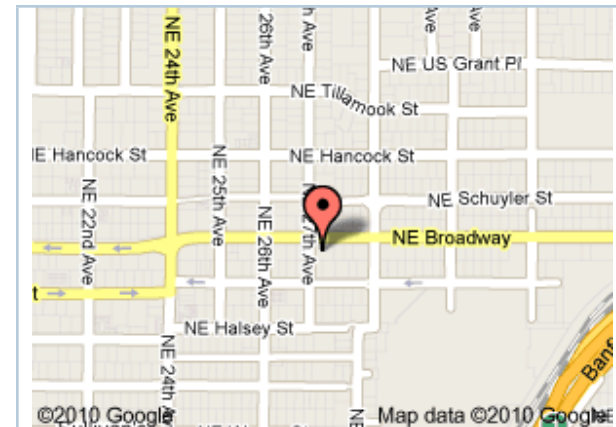
2714 NE BROADWAY ST

503.287.0655



### Notes:

WOMEN ONLY



WEBSITE: [HTTP://WWW.NWWOMENSFITNESS.COM/](http://www.nwwomensfitness.com/)

SCHEDULE: [HTTPS://DOCS.GOOGLE.COM/VIEWER?URL=HTTP://WWW.NWWOMENSFITNESS.COM/DOWNLOADS/SCHEDULE/PORTLAND\\_SCHED\\_9\\_1\\_10.PDF](https://docs.google.com/viewer?url=http://www.nwwomensfitness.com/downloads/schedule/portland_sched_9_1_10.pdf)



# CURVES

## FREE 7 DAY PASS

1510 SW 6TH AVE  
2701 NW VAUGHN STE 100  
3839 SW MULTNOMAH BLVD  
4150 NE HANCOCK  
10168 SW PARK WAY  
3113 N LOMBARD

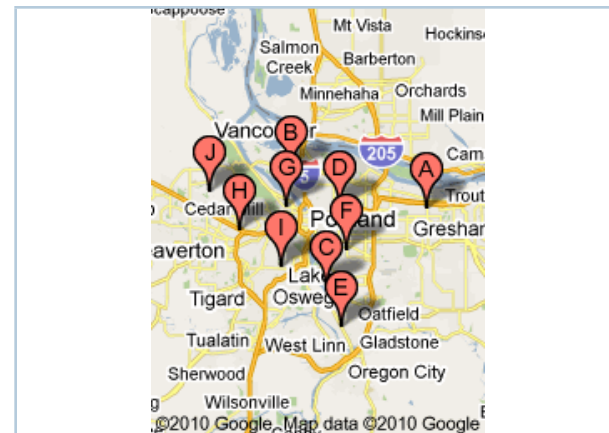


### Notes:

WOMEN ONLY

WEBSITE: [HTTP://WWW.CURVES.COM/](http://www.curves.com/)

SCHEDULE:



NOB HILL, DOWNTOWN, MULTNOMAH  
VILLAGE, HOLLYWOOD, GATEWAY,  
NORTH, MILWAUKIE

GYM (WOMEN ONLY)





# SNAP FITNESS

## FREE 7 DAY PASS

18335 NW WEST UNION RD  
12264 SW SCHOLLS FERRY R  
4200 SE KING RDD

503.645.7900

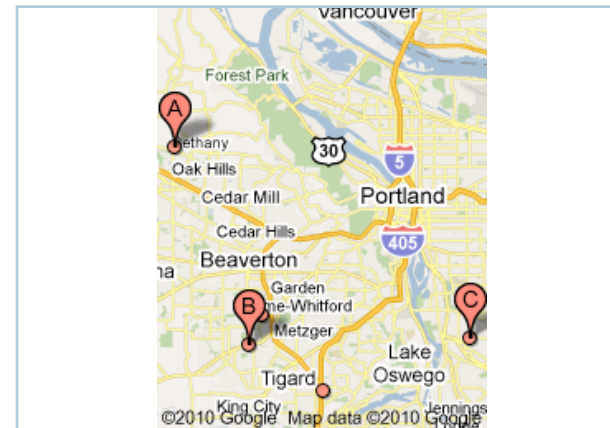


### Notes:

OPEN 24 HOURS

WEBSITE: [HTTP://WWW.SNAPFITNESS.COM/](http://www.snapfitness.com/)

SCHEDULE:



ROCK CREEK, TIGARD, MILWAUKIE



# EAST SIDE ATHLETIC CLUB

MILWAUKIE

## FREE 7 DAY PASS

4606 SE BOARDMAN AVE

503.659.3845

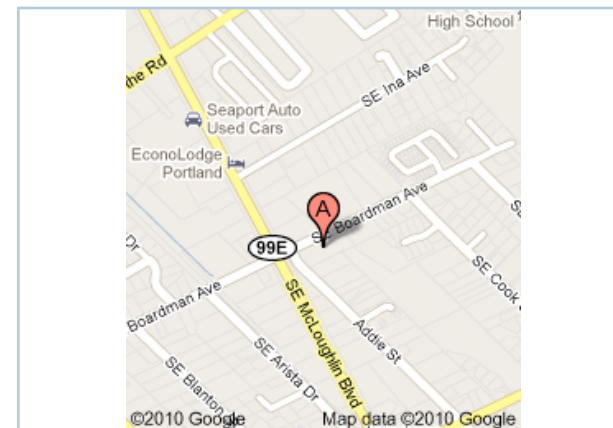


### Notes:

PASS IS GOOD FOR YOUR WHOLE FAMILY

WEBSITE: [HTTP://WWW.EASTSIDEATHLETICCLUB.COM/](http://www.eastsideathleticclub.com/)

SCHEDULE:



GYM



# CROSSFIT HILLSDALE

FREE WEEK!

1509 SW SUNSET BLVD, STE B-1

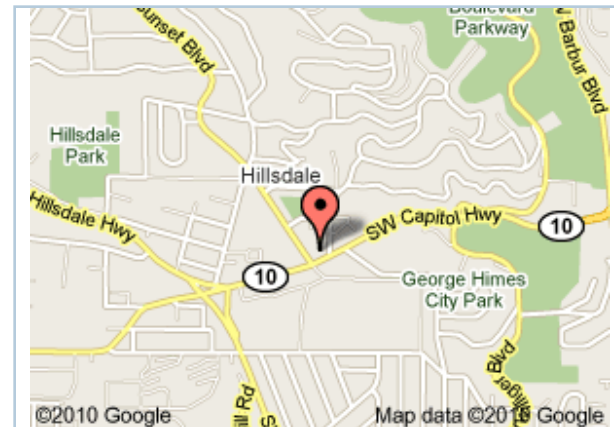
503.432.7450



Notes:

WEBSITE: [HTTP://KUNGFUOUTREACH.BLOGSPOT.COM/](http://kungfuoutreach.blogspot.com/)

SCHEDULE: [HTTP://KUNGFUOUTREACH.BLOGSPOT.COM/2009/10/SCHEDULE\\_21.HTML](http://kungfuoutreach.blogspot.com/2009/10/SCHEDULE_21.HTML)





# HAWTHORN FARM ATHLETIC CLUB 7 DAY FREE PASS

HILLSBORO



4800 NE BELKNAP CT

503.640.6404

## Notes:

YOU HAVE TO TAKE A TOUR OF THE CLUB TO GET THE PASS--CALL TO SET AN APPOINTMENT

WEBSITE: [HTTP://WWW.HFAC.COM/](http://www.hfac.com/)

SCHEDULE:





# MARCH WELLNESS CENTER 7 DAY FREE PASS

3303 SW BOND AVE

503.418.6272



## Notes:

OPERATED BY OHSU



WEBSITE: [HTTP://WWW.OHSU.EDU/XD/ABOUT/SERVICES/MARCH-WELLNESS/](http://www.ohsu.edu/xd/about/services/march-wellness/)

SCHEDULE: [HTTP://WWW.OHSU.EDU/XD/ABOUT/SERVICES/MARCH-WELLNESS/SCHEDULES/GROUP-EXERCISE-SCHEDULE/INDEX.CFM](http://www.ohsu.edu/xd/about/services/march-wellness/schedules/group-exercise-schedule/index.cfm)



# BETHANY ATHLETIC CLUB

## 7 DAY FREE PASS

15670 NW CENTRAL DR

503.690.2100

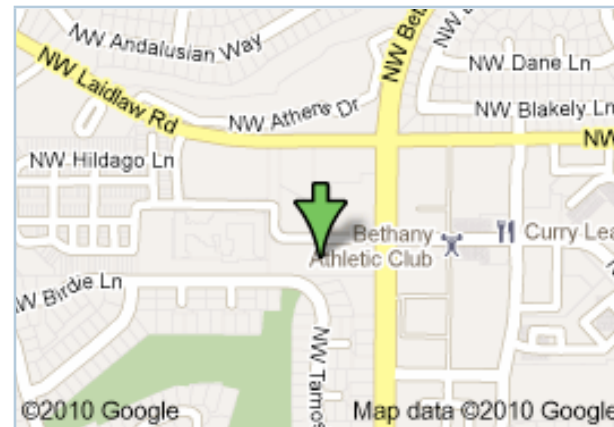


### Notes:

YOU HAVE TO TAKE A TOUR OF THE CLUB TO GET THE PASS--  
CALL TO SET AN APPOINTMENT

WEBSITE: [HTTP://WWW.BETHANYATHLETIC.COM/](http://www.bethanyathletic.com/)

SCHEDULE:





# ME FITNESS CENTER

## 3 DAY FREE PASS

4943 NE MLK

503.282.7900

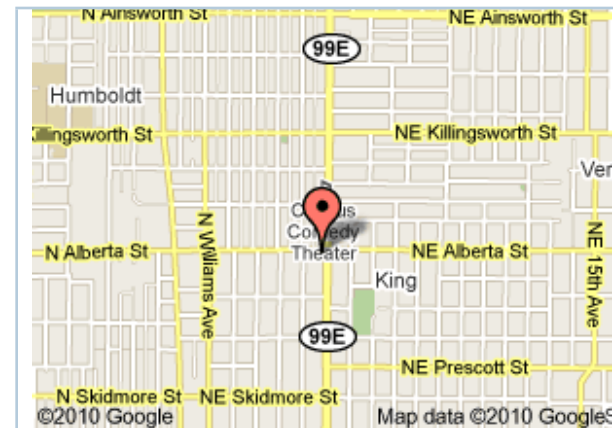


### Notes:

MUST REGISTER ONLINE AND PRINT PASS

WEBSITE: [HTTP://WWW.MEFIT2.COM/](http://www.mefit2.com/)

SCHEDULE: [HTTP://WWW.MEFIT2.COM/CLASS-SCHEDULE](http://www.mefit2.com/class-schedule)







# HILTON PORTLAND ATHLETIC CLUB

## FREE 3 DAY PASS

921 SW 6TH AVE

503.220.2672

Hilton  Portland  
ATHLETIC CLUB

### Notes:

WEBSITE: [HTTP://WWW.HILTONATHLETICCLUB.COM/](http://www.hiltonathleticclub.com/)

SCHEDULE:





# ADAPT TRAINING

## 3 DAY FREE PASS

9923 SW ARCTIC DR

503.646.8482

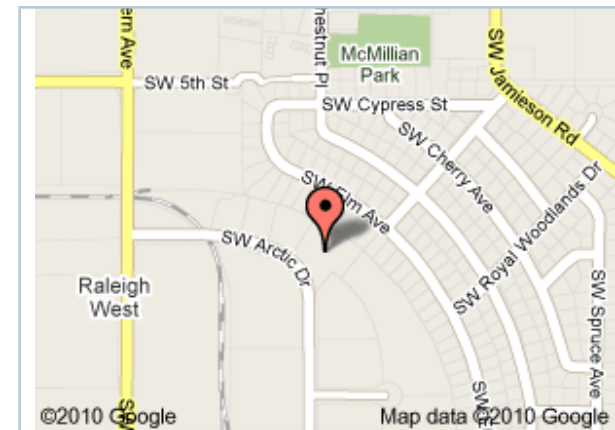


### Notes:

PRINT GUEST PASS FROM WEBSITE

WEBSITE: [HTTP://WWW.ADAPTRAINING.COM/](http://www.adapttraining.com/)

SCHEDULE: [HTTP://WWW.ADAPTRAINING.COM/TRAINING/SCHEDULE.HTML](http://www.adapttraining.com/training/schedule.html)





# YMCA OF BEAVERTON

3 DAY FREE PASS

4925 SW GRIFFITH DR

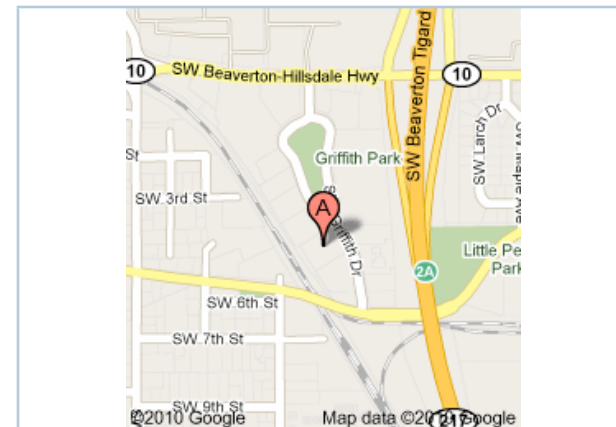
503.644.3900



Notes:

WEBSITE: [HTTP://WWW.YMCA-BEAVERTON.ORG/BEAVERTON.HTML](http://www.ymca-beaverton.org/beaverton.html)

SCHEDULE:





# OLYMPIC GYM

3 DAY FREE PASS

23500 SE STARK ST

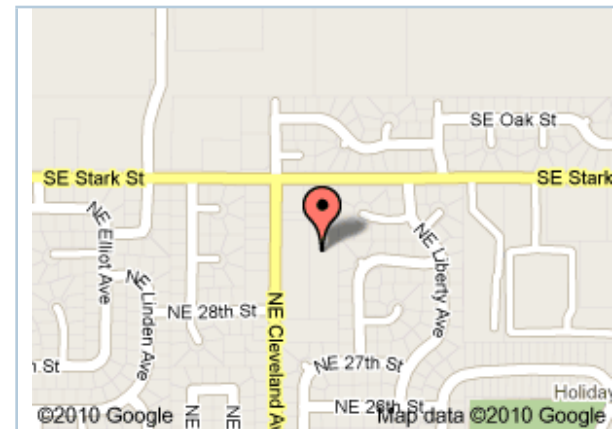
503.667.2290



## Notes:

WEBSITE: [HTTP://WWW.OLYMPICGYMGRESHAM.COM/](http://www.olympicgymgresham.com/)

SCHEDULE:





# EASTMORELAND RACQUET & SWIM

FIRST 2 VISITS FREE

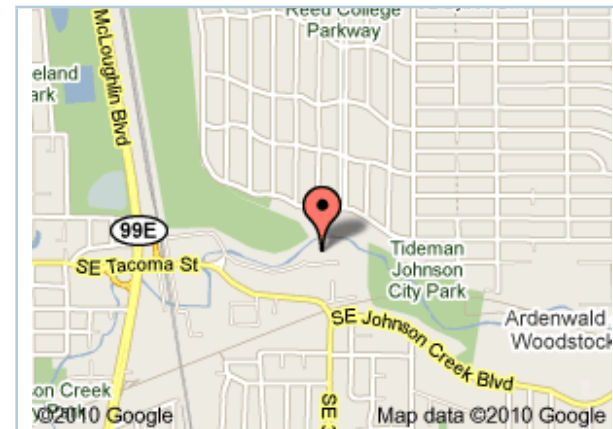
3015 SE BERKELEY PL

503.653.0820

## Notes:

WEBSITE: [HTTP://WWW.EASTMORELANDTENNIS.COM/](http://www.eastmorelandtennis.com/)

SCHEDULE:





# BARRE3

FIRST CLASS FREE

1000 NW MARSHALL ST  
2523 SE 22ND AVE

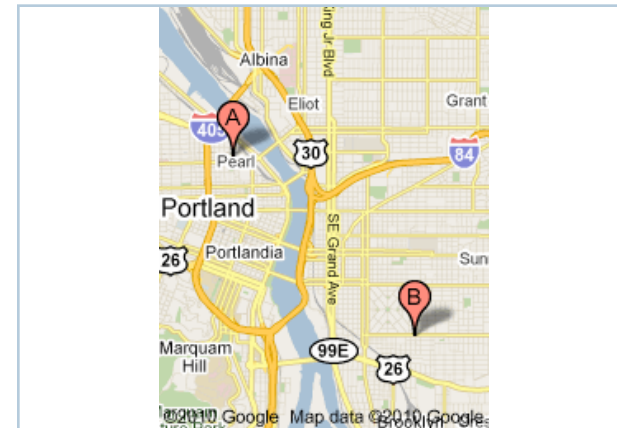
503.206.8308



Notes:

WEBSITE: [HTTP://WWW.BARRE3.COM/PORTLAND.HTML](http://www.barre3.com/portland.html)

SCHEDULE: [HTTPS://CLIENTS.MINDBODYONLINE.COM/ASP/HOME.ASP?STUDIOID=4287](https://clients.mindbodyonline.com/asp/home.asp?studioid=4287)





# STUDIO NIA

FIRST CLASS FREE

918 SW YAMHILL, 4TH FLOOR

503.245.9886



## Notes:

WEBSITE: [HTTP://WWW.NIANOW.COM/STUDIO](http://www.nianow.com/studio)

SCHEDULE: [HTTP://WWW.NIANOW.COM/STUDIO/CLASSES](http://www.nianow.com/studio/classes)







# FULCRUM FITNESS

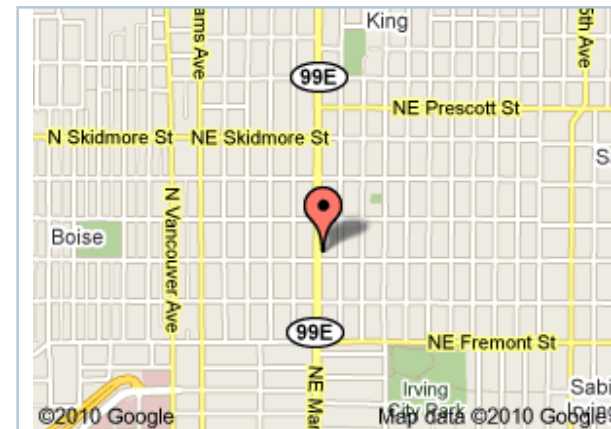
FIRST CLASS FREE

3934 NE MLK #106

503.960.2271



Notes:



WEBSITE: [HTTP://WWW.FULCRUMFITNESS.COM/](http://www.fulcrumfitness.com/)

SCHEDULE: [HTTPS://CLIENTS.MINDBODYONLINE.COM/ASP/HOME.ASP?STUDIOID=8385](https://clients.mindbodyonline.com/asp/home.asp?studioid=8385)



# YOGI NASSER'S GATEWAY YOGA

FIRST CLASS FREE

GATEWAY



9837 NE IRVING ST, STE 301

503.928.7730

## Notes:

WEBSITE: [HTTP://WWW.YOGINASSER.ORG/](http://www.yoginasser.org/)

SCHEDULE: [HTTP://WWW.YOGINASSER.ORG/SCHEDULE.PHP](http://www.yoginasser.org/schedule.php)





# HEART SONG YOGA

FIRST CLASS FREE

3841 SW HALL BLVD

503.644.1865



Health and Fitness For Every Body

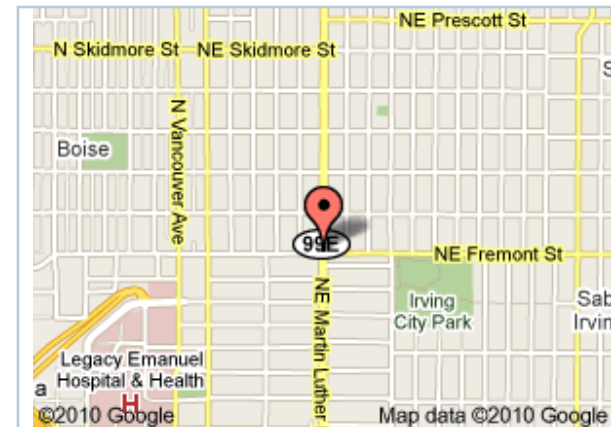
3841 SW Hall Blvd  
Beaverton OR 97005

503-644-1865

## Notes:

WEBSITE: [HTTP://WWW.YOGAHEARTSONG.COM/](http://www.yogaheartsong.com/)

SCHEDULE: [HTTP://WWW.YOGAHEARTSONG.COM/USERFILES/IMAGE/BUTTONS/SCHEDULE.GIF](http://www.yogaheartsong.com/userfiles/image/buttons/schedule.gif)





# FIERCE FITNESS KICKBOXING

## FIRST KICKBOXING CLASS FREE

4356 SW MULTNOMAH BLVD

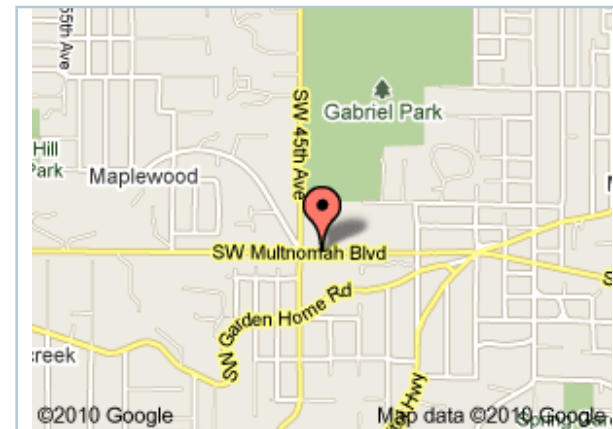
503.245.9500



### Notes:

WEBSITE: [HTTP://WWW.FIERCEFITNESS.COM/](http://www.fiercefitness.com/)

SCHEDULE: [HTTP://WWW.FIERCEFITNESS.COM/CLASSES.HTML](http://www.fiercefitness.com/classes.html)





# NW FIGHTING ARTS

FIRST TRAINING SESSION FREE

1200 SE MORRISON ST

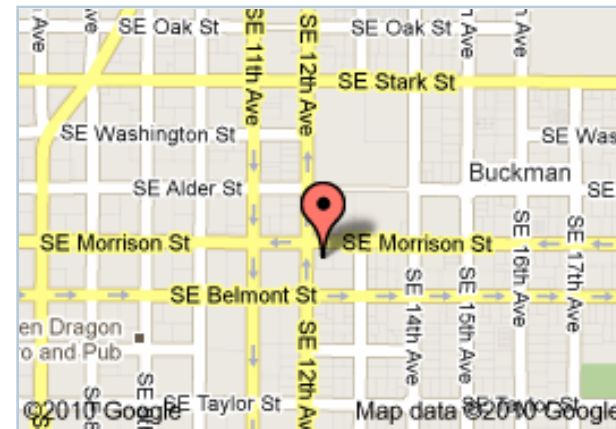
503.740.2666



## Notes:

WEBSITE: [HTTP://WWW.NWFIGHTING.COM/](http://www.nwfighting.com/)

SCHEDULE: [HTTP://WWW.NWFIGHTING.COM/CLASSES.HTML](http://www.nwfighting.com/classes.html)





# CASCADE ATHLETIC CLUBS

SOUTHEAST

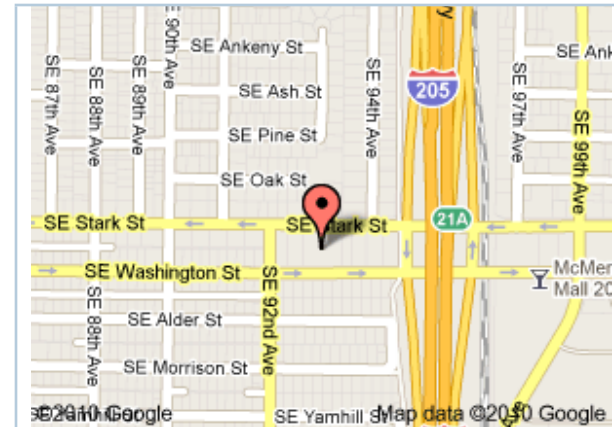
FIRST VISIT FREE

9260 SE STARK ST

503.257.4142



Notes:



WEBSITE: [HTTP://WWW.CASCADEAC.COM/](http://www.cascadeac.com/)

SCHEDULE: [HTTPS://DOCS.GOOGLE.COM/VIEWER?URL=HTTP://WWW.CASCADEAC.COM/WP-CONTENT/UPLOADS/GRESHAM.PDF](https://docs.google.com/viewer?url=http://www.cascadeac.com/wp-content/uploads/gresham.pdf)

GYM



# FOSTER FITNESS CENTER

SOUTHEAST

FIRST VISIT FREE

5623 SE CENTER ST

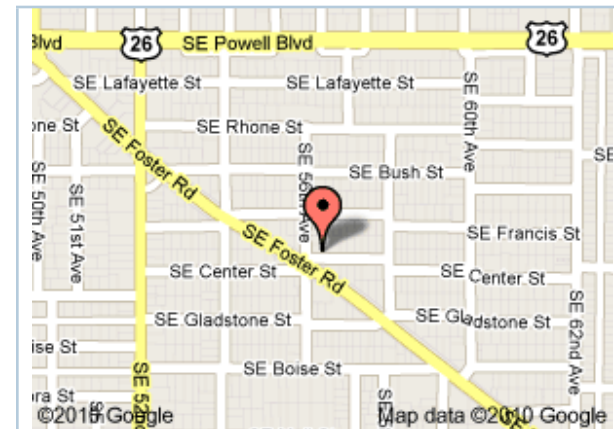
503.775.6399

The Foster Fitness logo, with "Foster" in black and "Fitness" in blue.

Notes:

WEBSITE: [HTTP://WWW.FOSTERFITNESSPDX.COM/INDEX.HTML](http://www.fosterfitnesspdx.com/index.html)

SCHEDULE:



GYM





# NE COMMUNITY CENTER

FIRST VISIT FREE

1630 NE 38TH AVE

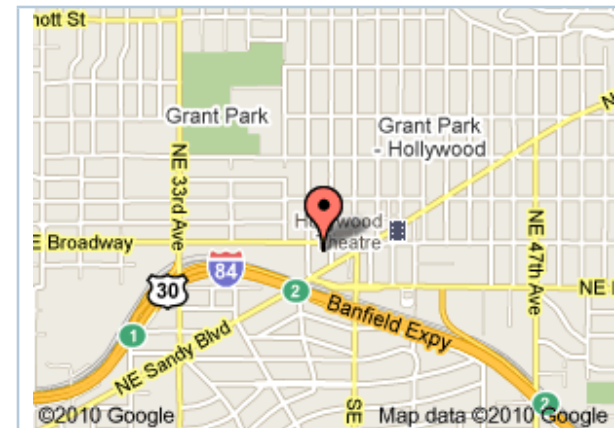
503.284.3377



## Notes:

WEBSITE: [HTTP://WWW.NECOMMUNITYCENTER.ORG/](http://www.necommunitycenter.org/)

SCHEDULE: [HTTP://WWW.NECOMMUNITYCENTER.ORG/HOURS - SCHEDULES/FACILITY SCHEDULES](http://www.necommunitycenter.org/hours_-_schedules/facility_schedules)





# ELITE SANTE WOMEN'S FITNESS

FIRST VISIT FREE

8101 SE CORNWELL ST

503.775.0044



## Notes:

WOMENS ONLY GYM

WEBSITE: [HTTP://ELITESANTEFITNESS.COM/](http://elitesantefitness.com/)

SCHEDULE:





# WHOLE BODY FITNESS

EAST BURN

FREE CONSULTATION, BODY  
COMPOSITION MEASUREMENTS

1408 E BURNSIDE

503.234.7253

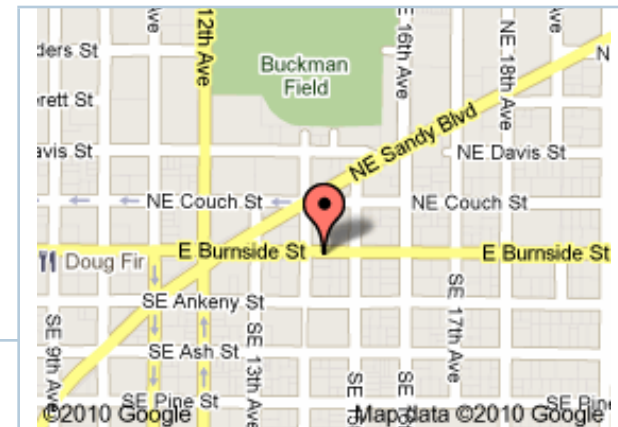


## Notes:

1-ON-1 PERSONAL TRAINING AND GROUP TRAINING CLASSES

WEBSITE: [HTTP://WWW.WBFITNESS.COM/](http://www.wbfitness.com/)

SCHEDULE: [HTTP://WWW.WBFITNESS.COM/FITNESS\\_TRAINING\\_CLASSES.HTML](http://www.wbfitness.com/fitness_training_classes.html)



PERSONAL TRAINING FACILITY



# PORTLAND TEAM FITNESS

NORTHEAST

## FREE FIRST CLASS

3500 NE MLK

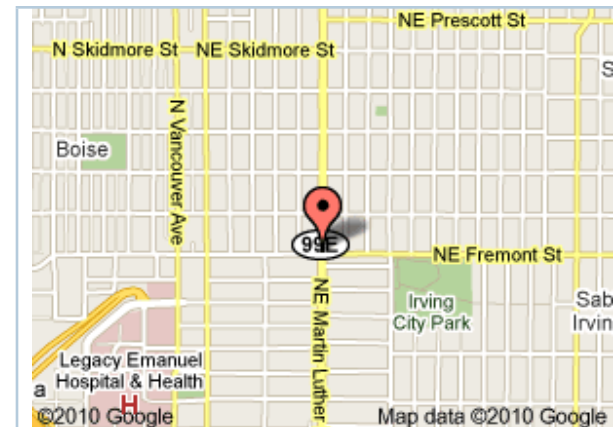
503.754.8289



### Notes:

WEBSITE: [HTTP://WWW.PORTLANDTEAMFITNESS.COM/](http://www.portlandteamfitness.com/)

SCHEDULE: [HTTP://WWW.PORTLANDTEAMFITNESS.COM/SCHEDULE.HTML](http://www.portlandteamfitness.com/schedule.html)



FITNESS CLASS STUDIO (WOMEN ONLY)



# CROSSFIT PORTLAND

## FREE INTRO CLASS

740 N RUSSELL ST

503.939.4839



### Notes:

EXTREME PERSONAL TRAINING. DON'T EXPECT AN EASY WORKOUT.

WEBSITE: [HTTP://WWW.CROSSFITPORTLAND.COM/](http://www.crossfitportland.com/)

SCHEDULE: [HTTP://WWW.CROSSFITPORTLAND.COM/SCHEDULE](http://www.crossfitportland.com/schedule)





# CROSSFIT H.E.L.

## FREE INTRO CLASS

4830 NE MLK

503.206.3070

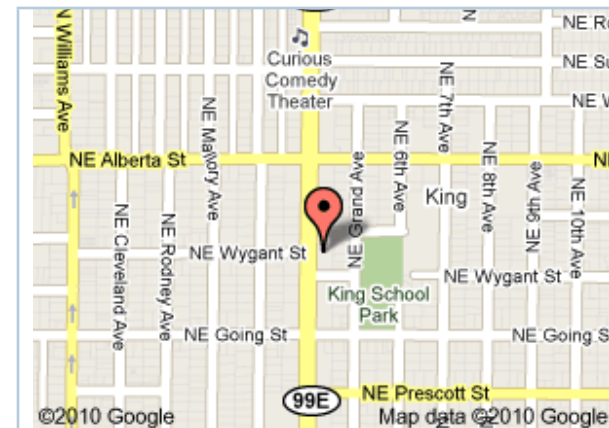
**CrossFit HEL**  
Like a kick in the junk

### Notes:

PERSONAL TRAINING FOR THE HARDCORE AND EXCEPTIONALLY FIT.

WEBSITE: [HTTP://COACHK.TYPEPAD.COM/CROSSFIT\\_HEL/](http://COACHK.TYPEPAD.COM/CROSSFIT_HEL/)

SCHEDULE: [HTTP://COACHK.TYPEPAD.COM/SCHEDULE/](http://COACHK.TYPEPAD.COM/SCHEDULE/)





# RECREATE FITNESS

FREE INTRO CLASS - TUESDAY OR  
SATURDAY

2001 NW 19TH AVE STE 101

recreate | fitness

503.243.5644



## Notes:

1-ON-1 PERSONAL TRAINING AND GROUP TRAINING CLASSES

WEBSITE: [HTTP://RECREATEFITNESS.COM/](http://RECREATEFITNESS.COM/)

SCHEDULE: [HTTP://WWW.WBFITNESS.COM/FITNESS\\_TRAINING\\_CLASSES.HTML](http://WWW.WBFITNESS.COM/FITNESS_TRAINING_CLASSES.HTML)







# ALAMEDA FITNESS CENTER

FREE INTRO PERSONAL TRAINING  
SESSION

4016 NE FREMONT ST

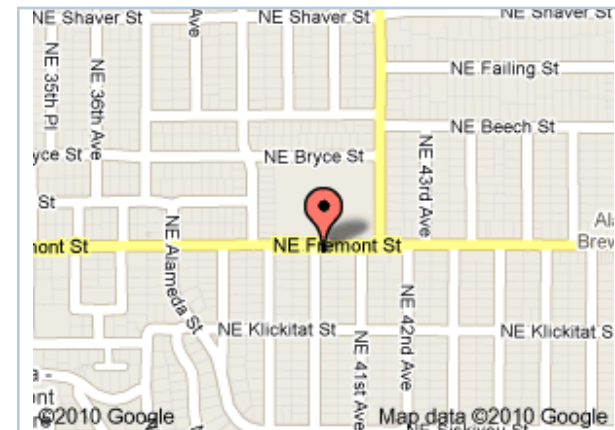
503.548.4011



## Notes:

WEBSITE: [HTTP://WWW.ALAMEDAFITNESS.COM/](http://www.alamedafitness.com/)

SCHEDULE: [HTTP://WWW.ALAMEDAFITNESS.COM/CLASSES](http://www.alamedafitness.com/classes)





# FITNESS TOGETHER

## FREE INTRO PERSONAL TRAINING SESSION

7417 SW BEAVERTON-HILLSDALE  
HIGHWAY STE 500  
7960 SE 13TH AVE

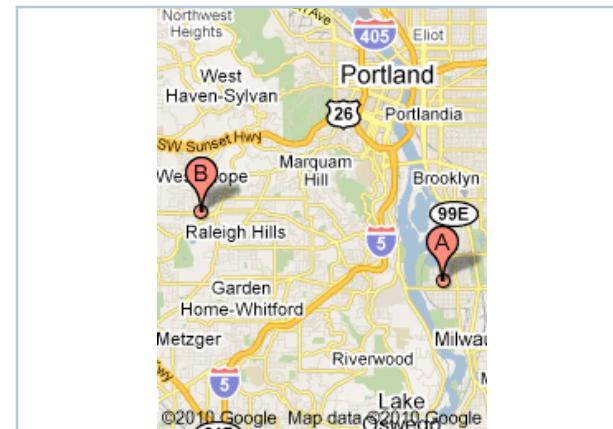
503.928.8008



### Notes:

WEBSITE: [HTTP://CORP.FITNESSTOGETHER.COM/](http://corp.fitness-together.com/)

SCHEDULE:



BEAVERTON, DOWNTOWN

PERSONAL TRAINING CENTER



# JULIE LAWRENCE YOGA CENTER

## FREE INTRODUCTORY CLASS

1020 SW TAYLOR ST STE 780

503.227.5524



### Notes:

WEBSITE: [HTTP://WWW.JLYC.COM/INDEX.PHP](http://www.jlyc.com/index.php)

SCHEDULE: [HTTP://WWW.JLYC.COM/SCHEDULE.PHP](http://www.jlyc.com/schedule.php)





# THE GREEN MICROGYM

## ONE DAY PASS

1237 NE ALBERTA ST  
828 SE 34TH AVE, STUDIO B

888.300.4015

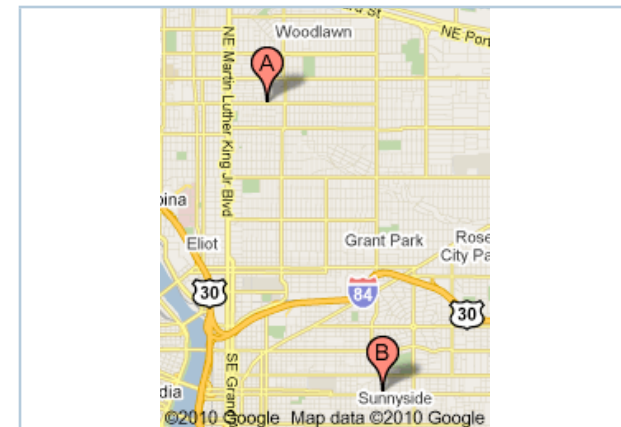


### Notes:

YOU MUST SCHEDULE A 10 MINUTE TOUR PRIOR TO YOUR WORKOUT THROUGH THE WEBSITE

WEBSITE: [HTTP://THEGREENMICROGYM.COM/](http://thegreenmicrogym.com/)

SCHEDULE:



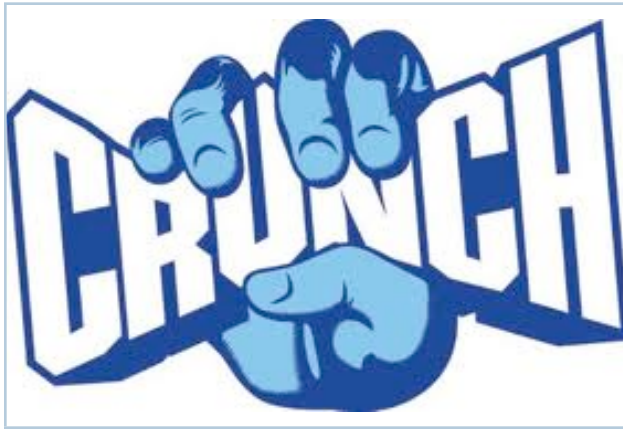


# CRUNCH

## ONE FREE WORKOUT

355 NE 223RD AVE  
GRESHAM

503.489.1772



### Notes:

MUST REGISTER AT WEBSITE FOR GUEST PASS

WEBSITE: [HTTP://WWW.CRUNCH.COM/LOCATION/PORTLAND.ASPX](http://www.crunch.com/location/portland.aspx)

SCHEDULE: [HTTP://WWW.CRUNCH.COM/LOCATION/PORTLAND/CLASSES/CLASS%20SCHEDULES.ASPX](http://www.crunch.com/location/portland/classes/class%20schedules.aspx)





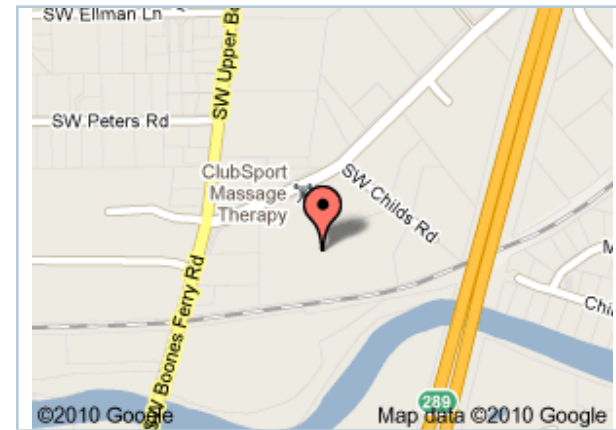
# CLUB SPORT OREGON

## 1 DAY GUEST PASS



18120 SW LOWER BOONES FERRY RD

503.968.4500



### Notes:

MUST REGISTER ONLINE AND PRINT PASS

WEBSITE: [HTTP://WWW.CLUBSPORTS.COM/OREGON/HOME.DO](http://www.clubsports.com/oregon/home.do)

SCHEDULE: [HTTP://WWW.CLUBSPORTS.COM/OREGON/SCHEDULE.DO?ACTION=VIEW&TYPE=GROUP-FITNESS-SCHEDULE](http://www.clubsports.com/oregon/schedule.do?action=view&type=group-fitness-schedule)



# EXHALE YOGA STUDIO

## FREE CLASS - KARMA YOGA!



4940 NE 16TH AVE

503.545.8312



### Notes:

EVERY FRIDAY AT 11 AM, YOGA IS FREE!

WEBSITE: [HTTP://WWW.EXHALEPDX.COM/](http://www.exhalepdx.com/)

SCHEDULE: [HTTP://WWW.EXHALEPDX.COM/CONTENT/CLASS-SCHEDULE-RATES](http://www.exhalepdx.com/content/class-schedule-rates)





# LA BOXING

## FREE INTRO CLASS

1870 NW 188TH AVE

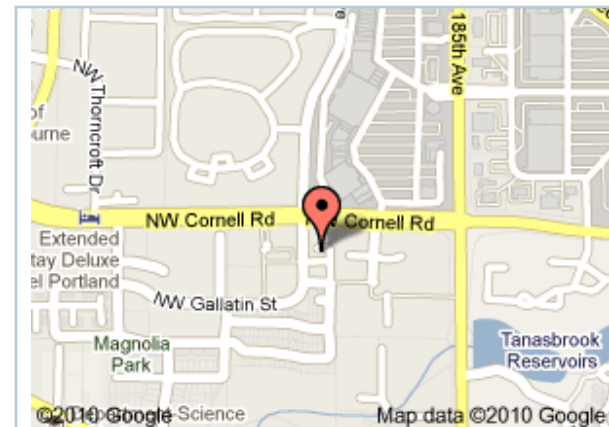
503.573.4269



### Notes:

WEBSITE: [HTTP://LABOXING.COM/HILLSBORO/](http://laboxing.com/hillsboro/)

SCHEDULE: [HTTP://LABOXING.COM/HILLSBORO/SCHEDULE/](http://laboxing.com/hillsboro/schedule/)





# INDEX

CATEGORY	PAGES
FITNESS CLASS STUDIO	25, 36, 40, 58
GYM	4, 8, 10-18, 21-24, 26-34, 42-44, 54-56
MARTIAL ARTS STUDIO	5, 7, 41
PERSONAL TRAINING CENTER	6, 19, 37, 47-52
YOGA STUDIO	9, 35, 38, 39, 53, 57
FITNESS STUDIO CLASSES	25, 36, 40, 58
WOMENS ONLY	21, 22, 45, 47

NEIGHBORHOOD	PAGES
ALAMEDA	51
ALBERTA	10, 57, 54
BELMONT	54
BEAVERTON	11, 31, 32, 39, 52
DOWNTOWN	4, 11, 12, 15, 16, 22, 30, 36, 52, 53
EAST BURN	46
GATEWAY	22, 38
GRESHAM	33, 55
HAWTHORNE	5
HILLSBORO	26, 58
HILLSDALE	25
HOLLYWOOD	12, 18, 22
MILWAUKIE	12, 22-24
MULTNOMAH VILLAGE	22, 40
NE BROADWAY	45
SOUTHEAST	6, 8, 9, 35, 4-43
ST JOHNS	5, 10
TIGARD	7, 23, 56
NOB HILL	9, 20, 22, 50
NORTH PORTLAND	19, 22
NORTHEAST	8, 29, 37, 44, 47, 49
PEARL	8, 12, 35
ROCK CREEK	23
ROSE QUARTER	13, 21, 48
SELLWOOD	34
SOUTH WATERFRONT	14, 17, 27

AFTER USING THIS GUIDE, IF YOU FIND ANY LISTINGS TO BE INACCURATE, WE WOULD LOVE TO KNOW!

[INFO@PORTLANDFREEFITNESS.COM](mailto:INFO@PORTLANDFREEFITNESS.COM)



# TOTAL FITNESS

NUMBER OF FREE DAYS / CLASSES IN GUIDE:

**247**

Notes:

AFTER USING THIS GUIDE, IF YOU FIND ANY LISTINGS TO BE INACCURATE, WE WOULD LOVE TO KNOW!

[INFO@PORTLANDFREEFITNESS.COM](mailto:INFO@PORTLANDFREEFITNESS.COM)