

YOU'VE GOT THIS

“ Any way to make a workout feel like playtime is great.”

- Lauren Conrad

We are thrilled to offer a complimentary hour of heart pumping exercise with Kait from SHIFT Portland! Class starts at 8:30am from the Press Lobby

*Please see the front desk to complete a quick waiver before you head out into the city
(Participating guests' will receive 10% off at SHIFT Portland
and a complimentary smoothie from UNION).*

SCHEDULE OF CLASSES

MAY 20TH	MAY 27TH	JUNE 3RD	JUNE 10TH	JUNE 17TH
JUNE 24TH	JULY 1ST	JULY 8TH	JULY 15TH	JULY 22ND
JULY 29TH	AUGUST 5TH	AUGUST 12TH	AUGUST 19TH	AUGUST 26TH
SEPT 2ND	SEPT 9TH	SEPT 16TH	SEPT 23RD	SEPT 30TH
OCTOBER 7TH	OCTOBER 14TH			

