

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 26TH	JUNE 2ND	JUNE 9TH	JUNE 16TH	JUNE 23RD
JUNE 30TH	JULY 7ST	JULY 14TH	JULY 21ST	JULY 28TH
AUGUST 4TH	AUGUST 11TH	AUGUST 18TH	AUGUST 25TH	SEPT 1ST
SEPT 8TH	SEPT 15TH	SEPT 22ND	SEPT 29TH	OCTOBER 6TH

