



Tillamook County Family YMCA
January 14th - January 20th

610 Stillwell Avenue
TILLAMOOK, OR 97141
(503) 842-9622

	THU 14	FRI 15	SAT 16	SUN 17	MON 18	TUE 19	WED 20
5am		STT / Strength Train Together Upstairs Studio Sarah Patterson 5:15am - 6:15am			STT / Strength Train Together Upstairs Studio Sarah Patterson 5:15am - 6:15am		Bootcamp Upstairs Studio Darcy Fugate 5:15am - 6:15am
6am			Pool Closed Warm Water Therapy Pool No Instruction 6am - 6am	Pool Closed Warm Water Therapy Pool No Instruction 6am - 6am			
			Pool Closed Competition Lap Pool No Instruction 6am - 6am	Pool Closed Competition Lap Pool No Instruction 6am - 6am			
7am	Lap Swim Competition Lap Pool No Instruction 7am - 3:45pm	Lap Swim Competition Lap Pool No Instruction 7am - 5pm			Lap Swim Competition Lap Pool No Instruction 7am - 3:45pm	Lap Swim Competition Lap Pool No Instruction 7am - 3:45pm	On The Ball Upstairs Studio Darcy Fugate 7am - 8:15am
		On The Ball Upstairs Studio Darcy Fugate 7am - 8:15am			On The Ball Upstairs Studio Darcy Fugate 7am - 8:15am		Lap Swim Competition Lap Pool No Instruction 7am - 3:45pm
8am	Moving For Better Health/Qigong Upstairs Studio Michelle Jenck 8am - 8:30am	Step & Sculpt Upstairs Studio Sarah Patterson 8:30am - 9:30am	STT / Strength Train Together Upstairs Studio Vanessa Cham 8:30am - 9:30am		Beginners Tai Chi/Moving For Better Balance North and South Gym Kelly Benson 8:30am - 9am	Moving For Better Health/Qigong Upstairs Studio Michelle Jenck 8am - 8:30am	Beginners Tai Chi/Moving For Better Balance North and South Gym Kelly Benson 8:30am - 9am
	Zumba North and South Gym Sarah Patterson 8:30am - 9:30am	Beginners Tai Chi/Moving For Better Balance North and South Gym Kelly Benson 8:30am - 9am			Step & Sculpt Upstairs Studio Sarah Patterson 8:30am - 9:30am	Zumba North and South Gym Sarah Patterson 8:30am - 9:30am	Insanity Upstairs Studio Galena Flores 8:45am - 9:30am
	Insanity Upstairs Studio Galena Flores 8:45am - 9:30am					Insanity Upstairs Studio Galena Flores 8:45am - 9:30am	
9am		Tai Chi/Qi Gong North and South Gym Kelly Benson 9am - 10am			Tai Chi/Qi Gong North and South Gym Kelly Benson 9am - 10am		Tai Chi/Qi Gong North and South Gym Kelly Benson 9am - 10am
10am	STT / Strength Train Together North and South Gym Galena Flores 10am - 11am	Mid-Morning Movers Warm Water Therapy Pool Sue Urrey 10am - 11am	Tai Chi/Qi Gong Upstairs Studio Phillip Gates 10am - 11am		Enhancefitness North and South Gym Galena Flores 10am - 11am	STT / Strength Train Together North and South Gym Galena Flores 10am - 11am	Mid-Morning Movers Warm Water Therapy Pool Sue Urrey 10am - 11am
	Joyful Joints Warm Water Therapy Pool Lori Kaiser 10am - 11am	Enhancefitness North and South Gym Galena Flores 10am - 11am			Mid-Morning Movers Warm Water Therapy Pool Sue Urrey 10am - 11am	Joyful Joints Warm Water Therapy Pool Lori Kaiser 10am - 11am	Enhancefitness North and South Gym Galena Flores 10am - 11am

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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	THU 14	FRI 15	SAT 16	SUN 17	MON 18	TUE 19	WED 20
1pm		Open Adult Exercise Warm Water Therapy Pool No Instruction 1pm - 4:45pm					
3pm	Sharks Swim Team Competition Lap Pool Shannon Pearson 3:45pm - 4:45pm				Sharks Swim Team Competition Lap Pool Shannon Pearson 3:45pm - 4:45pm	Sharks Swim Team Competition Lap Pool Shannon Pearson 3:45pm - 4:45pm	Sharks Swim Team Competition Lap Pool Shannon Pearson 3:45pm - 4:45pm
4pm	Lap Swim Competition Lap Pool No Instruction 4:45pm - 7pm				Lap Swim Competition Lap Pool No Instruction 4:45pm - 7pm	Lap Swim Competition Lap Pool No Instruction 4:45pm - 7pm	Lap Swim Competition Lap Pool No Instruction 4:45pm - 7pm
5pm	THS Swim Team Competition Lap Pool Swim Instructors 5pm - 6pm	THS Swim Team Competition Lap Pool Swim Instructors 5pm - 6pm			Deep Water Exercise & Aerobics Warm Water Therapy Pool Sue Urrey 5:30pm - 6:30pm	THS Swim Team Competition Lap Pool Swim Instructors 5pm - 6pm	THS Swim Team Competition Lap Pool Swim Instructors 5pm - 6pm
		Deep Water Exercise & Aerobics Warm Water Therapy Pool Sue Urrey 5:30pm - 6:30pm			Zumba North and South Gym Jeannie Christensen 5:45pm - 6:45pm		STT / Strength Train Together Upstairs Studio Sarah Patterson 5:30pm - 6:30pm
							Deep Water Exercise & Aerobics Warm Water Therapy Pool Sue Urrey 5:30pm - 6:30pm
							Zumba North and South Gym Jeannie Christensen 5:45pm - 6:45pm
6pm	Lap Swim Competition Lap Pool No Instruction 6pm - 7pm	Lap Swim Competition Lap Pool No Instruction 6pm - 7pm				Lap Swim Competition Lap Pool No Instruction 6pm - 7pm	Lap Swim Competition Lap Pool No Instruction 6pm - 7pm
7pm					Evening Yoga with Molly Upstairs Studio Molly Carlson 7pm - 8pm		

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