



Tillamook County Family YMCA
January 15th - January 21st

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

	SAT 15	SUN 16	MON 17	TUE 18	WED 19	THU 20	FRI 21
6am	Pool Closed Competition Lap Pool No Instruction 6am - 6am	Pool Closed Competition Lap Pool No Instruction 6am - 6am	Adult Basketball North and South Gym No Instruction 6am - 7am		Adult Basketball North and South Gym No Instruction 6am - 7am	Restorative Pilates Upstairs Studio Shannon Lesnevich 6:30am - 7:15am	Adult Basketball North and South Gym No Instruction 6am - 7am
	Pool Closed Warm Water Therapy Pool No Instruction 6am - 6am	Pool Closed Warm Water Therapy Pool No Instruction 6am - 6am					
7am			On The Ball Upstairs Studio Debby Hendrickson 7am - 8:15am	Common Core Upstairs Studio Michelle Jenck 7:30am - 7:45am	On The Ball Upstairs Studio Debby Hendrickson 7am - 8:15am	Common Core Upstairs Studio Michelle Jenck 7:30am - 7:45am	On The Ball Upstairs Studio Debby Hendrickson 7am - 8:15am
8am	STT / Strength Train Together Upstairs Studio Kelly Benson Galena Flores and Sarah Patterson 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	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
			Step & Sculpt Upstairs Studio Sarah Patterson 8:30am - 9:30am	Zumba North and South Gym Sarah Patterson 8:30am - 9:30am	Step & Sculpt Upstairs Studio Sarah Patterson 8:30am - 9:30am	Zumba North and South Gym Sarah Patterson 8:30am - 9:30am	Step & Sculpt Upstairs Studio Sarah Patterson 8:30am - 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
			Pilates Mat Racquetball Court Melissa Harbour 9:45am - 10:45am		Pilates Mat Racquetball Court Melissa Harbour 9:45am - 10:45am		Pilates Mat Racquetball Court Melissa Harbour 9:45am - 10:45am
10am	Restorative Pilates Upstairs Studio Shannon Lesnevich 10am - 11am		Chair Yoga Upstairs Studio Hayley Ray 10am - 11am	STT / Strength Train Together South Gym Galena Flores 10am - 11am	Chair Yoga Upstairs Studio Hayley Ray 10am - 11am	STT / Strength Train Together South Gym Galena Flores 10am - 11am	Enhancefitness North and South Gym Galena Flores 10am - 11am
			Enhancefitness North and South Gym Galena Flores 10am - 11am		Enhancefitness North and South Gym Galena Flores 10am - 11am		
11am			Pilates Mat Upstairs Studio Melissa Harbour 11am - 12pm		Pilates Mat Upstairs Studio Melissa Harbour 11am - 12pm		Pilates Mat Upstairs Studio Melissa Harbour 11am - 12pm
12pm			Circuit Weight Training Fitness Center Christina Peterson 12:15pm - 1:15pm		Circuit Weight Training Fitness Center Christina Peterson 12:15pm - 1:15pm		Circuit Weight Training Fitness Center Christina Peterson 12:15pm - 1:15pm

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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	SAT 15	SUN 16	MON 17	TUE 18	WED 19	THU 20	FRI 21
1pm			Open Adult Exercise Warm Water Therapy Pool No Instruction 1pm - 3:45pm		Open Adult Exercise Warm Water Therapy Pool No Instruction 1pm - 3:45pm		Spin Upstairs Cycling Studio Christina Peterson 1:30pm - 2:30pm
			Spin Upstairs Cycling Studio Christina Peterson 1:30pm - 2:30pm		Spin Upstairs Cycling Studio Christina Peterson 1:30pm - 2:30pm		
3pm			Sharks Swim Team Competition Lap Pool Shannon Pearson 3:45pm - 5:30pm	Sharks Swim Team Competition Lap Pool Shannon Pearson 3:45pm - 5:30pm	Sharks Swim Team Competition Lap Pool Shannon Pearson 3:45pm - 5:30pm	Sharks Swim Team Competition Lap Pool Shannon Pearson 3:45pm - 5:30pm	Sharks Swim Team Competition Lap Pool Shannon Pearson 3:45pm - 5:30pm
			Swim Lessons -POOL CLOSED TO PUBLIC- Warm Water Therapy Pool Swim Instructors 3:45pm - 5:15pm		Swim Lessons -POOL CLOSED TO PUBLIC- Warm Water Therapy Pool Swim Instructors 3:45pm - 5:15pm		
4pm				Spin Upstairs Cycling Studio Christina Peterson 4:30pm - 5:30pm		Spin Upstairs Cycling Studio Christina Peterson 4:30pm - 5:30pm	
5pm			THS Swim Team Competition Lap Pool Shawna Wiedenmann 5:30pm - 7pm	Slow Yoga for Flexibility Upstairs Studio Shannon Ayers 5:30pm - 6:30pm	THS Swim Team Competition Lap Pool Shawna Wiedenmann 5:30pm - 7pm	Slow Yoga for Flexibility Upstairs Studio Shannon Ayers 5:30pm - 6:30pm	THS Swim Team Competition Lap Pool Shawna Wiedenmann 5:30pm - 7pm
			Zumba South Gym Jeannie Christensen 5:45pm - 6:30pm	THS Swim Team Competition Lap Pool Shawna Wiedenmann 5:30pm - 7pm	Zumba South Gym Jeannie Christensen 5:45pm - 6:30pm	THS Swim Team Competition Lap Pool Shawna Wiedenmann 5:30pm - 7pm	
7pm			Evening Yoga with Molly Upstairs Studio Molly Carlson 7pm - 8pm	Slow Yoga for Flexibility Upstairs Studio Shannon Ayers 7:30pm - 8:30pm		Slow Yoga for Flexibility Upstairs Studio Shannon Ayers 7:30pm - 8:30pm	

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