



Tillamook County Family YMCA
January 22nd - January 28th

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

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
5am	Open Adult Swim Warm Water Therapy Pool No Instruction 5:30am - 7am	Bootcamp Upstairs Studio Molly Carlson 5:15am - 6:15am	Open Adult Swim Competition Lap Pool No Instruction 5:30am - 3:30pm	STT / Strength Train Together Upstairs Studio Courtney Fortenberry 5:15am - 6:15am			STT / Strength Train Together Upstairs Studio Courtney Fortenberry 5:15am - 6:15am
	Open Adult Swim Competition Lap Pool No Instruction 5:30am - 3:30pm	Open Adult Swim Warm Water Therapy Pool No Instruction 5:30am - 7am	Insanity Live Upstairs Studio Courtney Fortenberry 5:30am - 6am	Open Adult Swim Competition Lap Pool No Instruction 5:30am - 3:30pm			Open Adult Swim Competition Lap Pool No Instruction 5:30am - 3:30pm
	Cycling Upstairs Cycling Studio Eva Manderson 5:30am - 6:30am	Open Adult Swim Competition Lap Pool No Instruction 5:30am - 3:30pm	Open Adult Swim Warm Water Therapy Pool No Instruction 5:30am - 7am	Open Adult Swim Warm Water Therapy Pool No Instruction 5:30am - 7am			Open Adult Swim Warm Water Therapy Pool No Instruction 5:30am - 7am
	Insanity Live Upstairs Studio Courtney Fortenberry 5:30am - 6am		Cycling Upstairs Cycling Studio Eva Manderson 5:30am - 6:30am				
6am		Sun Salutations Yoga Upstairs Studio Tiffany Wildharber 6:30am - 7:15am		Sun Salutations Yoga Upstairs Studio Tiffany Wildharber 6:30am - 7:15am			Sun Salutations Yoga Upstairs Studio Tiffany Wildharber 6:30am - 7:15am
7am	Therapy Pool Closed Warm Water Therapy Pool No Instruction 7am - 7:30am	Therapy Pool Closed Warm Water Therapy Pool No Instruction 7am - 7:30am	Therapy Pool Closed Warm Water Therapy Pool No Instruction 7am - 7:30am	Therapy Pool Closed Warm Water Therapy Pool No Instruction 7am - 7:30am	Lap Swim Competition Lap Pool No Instruction 7am - 4pm		Therapy Pool Closed Warm Water Therapy Pool No Instruction 7am - 7:30am
	Open Adult Swim Warm Water Therapy Pool No Instruction 7:30am - 12pm	On The Ball Upstairs Studio Darcy Fugate 7:15am - 8:15am	Deep Water Exercise & Aerobics Warm Water Therapy Pool Sharon Shreve 7:30am - 8:30am	On The Ball Upstairs Studio Darcy Fugate 7:15am - 8:15am			On The Ball Upstairs Studio Darcy Fugate 7:15am - 8:15am
	Deep Water Exercise & Aerobics Warm Water Therapy Pool Sharon Shreve 7:30am - 8:30am	Open Adult Swim Warm Water Therapy Pool No Instruction 7:30am - 12pm	Open Adult Swim Warm Water Therapy Pool No Instruction 7:30am - 12pm	Open Adult Swim Warm Water Therapy Pool No Instruction 7:30am - 12pm			Open Adult Swim Warm Water Therapy Pool No Instruction 7:30am - 12pm
8am	Moving For Better Health/Qigong Upstairs Studio Michelle Jenck 8am - 8:30am	Aqua Strut (Water Walking) Warm Water Therapy Pool Linda Josi 8am - 9am	Moving For Better Health/Qigong Upstairs Studio Michelle Jenck 8am - 8:30am	Aqua Strut (Water Walking) Warm Water Therapy Pool Linda Josi 8am - 9am	Zumba Upstairs Studio Sarah Patterson 8:30am - 9:30am		Aqua Strut (Water Walking) Warm Water Therapy Pool Linda Josi 8am - 9am
	Enhancefitness/Fit n' Fabulous Kiwanda Community Center Kelly Benson 8:30am - 10am	Step & Sculpt North and South Gym Sarah Patterson 8:30am - 9:30am	Enhancefitness/Fit n' Fabulous Kiwanda Community Center Kelly Benson 8:30am - 10am	Step & Sculpt North and South Gym Sarah Patterson 8:30am - 9:30am			Step & Sculpt North and South Gym Sarah Patterson 8:30am - 9:30am

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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	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
	Zumba North and South Gym Ahndrea Sousa 8:30am - 9:30am	Group Ex/ PE 182 Racquetball Court Molly Carlson 8:30am - 9:30am	Hydro HIT/Swim HIT Competition Lap Pool Sherryl Klingelhofer 8:30am - 9:45am	Beginners Tai Chi/Moving For Better Balance Upstairs Studio Thea Defeyter 8:30am - 9:30am			Beginners Tai Chi/Moving For Better Balance Upstairs Studio Thea Defeyter 8:30am - 9:30am
	Hydro HIT/Swim HIT Competition Lap Pool Sherryl Klingelhofer 8:30am - 9:45am	Beginners Tai Chi/Moving For Better Balance Upstairs Studio Thea Defeyter 8:30am - 9:30am	Zumba North and South Gym Ahndrea Sousa 8:30am - 9:30am	Group Ex/ PE 182 Racquetball Court Molly Carlson 8:30am - 9:30am			Group Ex/ PE 182 Racquetball Court Molly Carlson 8:30am - 9:30am
	Insanity Live Racquetball Court Galena Flores 8:30am - 9am		Insanity Live Racquetball Court Galena Flores 8:30am - 9am				
9am	Yoga Flow Upstairs Studio Molly Carlson 9am - 10am	Tai Chi Upstairs Studio Thea Defeyter 9am - 10am	Yoga Flow Upstairs Studio Molly Carlson 9am - 10am	Tai Chi Upstairs Studio Thea Defeyter 9am - 10am	Open Adult Swim Warm Water Therapy Pool No Instruction 9am - 12pm		Deep Water Exercise & Aerobics Warm Water Therapy Pool Sue Urrey 9am - 10am
	Swim Lessons Warm Water Therapy Pool Nick Johnson 9am - 10am	Deep Water Exercise & Aerobics Warm Water Therapy Pool Sue Urrey 9am - 10am	Swim Lessons Warm Water Therapy Pool Nick Johnson 9am - 10am	Deep Water Exercise & Aerobics Warm Water Therapy Pool Sue Urrey 9am - 10am			Tai Chi Upstairs Studio Thea Defeyter 9am - 10am
	STT / Strength Train Together South Gym Galena Flores 9:45am - 10:45am	Insanity Live Racquetball Court Galena Flores 9:45am - 10:15am	STT / Strength Train Together South Gym Galena Flores 9:45am - 10:45am				
10am	Joyful Joints Warm Water Therapy Pool Nick Johnson 10am - 11am	Enhancefitness/Fit n' Fabulous North Gym Kelly Benson 10am - 11am	Joyful Joints Warm Water Therapy Pool Nick Johnson 10am - 11am	Enhancefitness/Fit n' Fabulous North Gym Kelly Benson 10am - 11am	Joyful Joints Warm Water Therapy Pool Lori Kaiser 10am - 11am		Mid-Morning Movers Warm Water Therapy Pool Volunteer Jim Jett 10am - 11am
	Cycling Upstairs Cycling Studio Lori Kaiser 10am - 11am	Mid-Morning Movers Warm Water Therapy Pool Volunteer Jim Jett 10am - 11am	Cycling Upstairs Cycling Studio Lori Kaiser 10am - 11am	Mid-Morning Movers Warm Water Therapy Pool Volunteer Jim Jett 10am - 11am	STT / Strength Train Together Upstairs Studio Galena Flores 10am - 11am		Enhancefitness/Fit n' Fabulous North Gym Kelly Benson 10am - 11am
		Parent and Tot Swim Class Warm Water Therapy Pool Sue Urrey 10:30am - 11:15am		Hatha Yoga Upstairs Studio Thea Defeyter 10:30am - 11:30am			Hatha Yoga Upstairs Studio Thea Defeyter 10:30am - 11:30am
		Hatha Yoga Upstairs Studio Thea Defeyter 10:30am - 11:30am					

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11am	Joyful Joints Warm Water Therapy Pool Lori Kaiser 11am - 12pm	Pilates on the Mat Racquetball Court Kelly Benson 11:15am - 12pm	Joyful Joints Warm Water Therapy Pool Lori Kaiser 11am - 12pm				Pilates on the Mat Racquetball Court Kelly Benson 11:15am - 12pm
12pm	Therapy Pool Closed Warm Water Therapy Pool No Instruction 12pm - 1pm	Therapy Pool Closed Warm Water Therapy Pool No Instruction 12pm - 1pm	Therapy Pool Closed Warm Water Therapy Pool No Instruction 12pm - 1pm	Therapy Pool Closed Warm Water Therapy Pool No Instruction 12pm - 1pm	Open Family Swim Warm Water Therapy Pool No Instruction 12pm - 4pm	Lap Swim Competition Lap Pool No Instruction 12pm - 4pm	Therapy Pool Closed Warm Water Therapy Pool No Instruction 12pm - 1pm
						Open Adult Swim Warm Water Therapy Pool No Instruction 12pm - 1pm	
1pm	Open Family Swim Warm Water Therapy Pool No Instruction 1pm - 3pm	Open Family Swim Warm Water Therapy Pool No Instruction 1pm - 3pm	Open Family Swim Warm Water Therapy Pool No Instruction 1pm - 3pm	Homeschool Swim Lessons Competition Lap Pool Shannon Pearson 1pm - 2pm		Open Family Swim Warm Water Therapy Pool No Instruction 1pm - 4pm	Open Family Swim Warm Water Therapy Pool No Instruction 1pm - 3pm
	Beginners Tai Chi/Moving For Better Balance Upstairs Studio Sherryl Klingelhofer 1pm - 2:30pm		Beginners Tai Chi/Moving For Better Balance Upstairs Studio Sherryl Klingelhofer 1pm - 2:30pm	Homeschool Swim Lessons Warm Water Therapy Pool Shawna Wiedenmann 1pm - 2pm			
				Open Family Swim Warm Water Therapy Pool No Instruction 1pm - 3pm			
2pm	Pilates on the Mat Upstairs Studio Kelly Benson 2:30pm - 3:15pm		Pilates on the Mat Upstairs Studio Kelly Benson 2:30pm - 3:15pm				
3pm	Therapy Pool Closed Warm Water Therapy Pool No Instruction 3pm - 3:30pm	Therapy Pool Closed Warm Water Therapy Pool No Instruction 3pm - 3:30pm	Therapy Pool Closed Warm Water Therapy Pool No Instruction 3pm - 3:30pm	Therapy Pool Closed Warm Water Therapy Pool No Instruction 3pm - 3:30pm	Zumba Upstairs Studio Ahndrea Sousa 3pm - 4pm	Zumba Upstairs Studio Ahndrea Sousa 3pm - 4pm	Therapy Pool Closed Warm Water Therapy Pool No Instruction 3pm - 3:30pm
	Sharks Swim Team Competition Lap Pool Shannon Pearson 3:30pm - 5:30pm	Sharks Swim Team Competition Lap Pool Shannon Pearson 3:30pm - 5:30pm	Sharks Swim Team Competition Lap Pool Shannon Pearson 3:30pm - 5:30pm	Sharks Swim Team Competition Lap Pool Shannon Pearson 3:30pm - 5:30pm			Sharks Swim Team Competition Lap Pool Shannon Pearson 3:30pm - 5:30pm
	Swim Lessons Warm Water Therapy Pool Swim Instructors 3:45pm - 6pm	Swim Lessons Warm Water Therapy Pool Swim Instructors 3:45pm - 6pm	Swim Lessons Warm Water Therapy Pool Swim Instructors 3:45pm - 6pm	Open Family Swim Warm Water Therapy Pool No Instruction 3:30pm - 8pm			Swim Lessons Warm Water Therapy Pool Swim Instructors 3:45pm - 6pm
4pm					Therapy Pool Closed Warm Water Therapy Pool No Instruction 4pm - 9pm	Pool Closed Competition Lap Pool 4pm - 9pm	

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	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
					Pool Closed Competition Lap Pool 4pm - 9pm	Therapy Pool Closed Warm Water Therapy Pool No Instruction 4pm - 9pm	
					Pool Closed Warm Water Therapy Pool 4pm - 9pm	Pool Closed Warm Water Therapy Pool 4pm - 9pm	
5pm	THS Swim Team Competition Lap Pool Shannon Pearson 5:30pm - 6:30pm	Open Family Swim Warm Water Therapy Pool No Instruction 5:30pm - 8pm	THS Swim Team Competition Lap Pool Shannon Pearson 5:30pm - 6:30pm	THS Swim Team Competition Lap Pool Shannon Pearson 5:30pm - 6:30pm			Vinyasa Flow Yoga Upstairs Studio Tiffany Wildharber 5:30pm - 6:30pm
	Open Family Swim Warm Water Therapy Pool No Instruction 5:30pm - 8pm	THS Swim Team Competition Lap Pool Shannon Pearson 5:30pm - 6:30pm	Open Family Swim Warm Water Therapy Pool No Instruction 5:30pm - 8pm	Zumba Upstairs Studio Neri Perez 5:45pm - 6:45pm			Open Family Swim Warm Water Therapy Pool No Instruction 5:30pm - 8pm
	Zumba Upstairs Studio Neri Perez 5:45pm - 6:45pm	Zumba South Gym Jeannie Christensen 5:45pm - 6:45pm					THS Swim Team Competition Lap Pool Shannon Pearson 5:30pm - 6:30pm
							Zumba South Gym Jeannie Christensen 5:45pm - 6:45pm
6pm	Water Dance Warm Water Therapy Pool Denise Beeler 6pm - 7pm	Open Adult Swim Competition Lap Pool No Instruction 6:30pm - 8pm	Water Dance Warm Water Therapy Pool Denise Beeler 6pm - 7pm	Open Adult Swim Competition Lap Pool No Instruction 6:30pm - 8pm			Deep Water Exercise & Aerobics Warm Water Therapy Pool Sue Urrey 6:30pm - 7:30pm
	Open Adult Swim Competition Lap Pool No Instruction 6:30pm - 8pm	Deep Water Exercise & Aerobics Warm Water Therapy Pool Sue Urrey 6:30pm - 7:30pm	Zumba Upstairs Studio Neri Perez 6:30pm - 7:30pm	Deep Water Exercise & Aerobics Warm Water Therapy Pool Sue Urrey 6:30pm - 7:30pm			Open Adult Swim Competition Lap Pool No Instruction 6:30pm - 8pm
			Open Adult Swim Competition Lap Pool No Instruction 6:30pm - 8pm				
7pm	Insanity Live Upstairs Studio Sarah Patterson 7pm - 7:30pm	STT / Strength Train Together Upstairs Studio Sarah Patterson 7pm - 8pm					STT / Strength Train Together Upstairs Studio Sarah Patterson 7pm - 8pm
8pm	Pool Closed Competition Lap Pool 8pm - 9pm	Pool Closed Warm Water Therapy Pool 8pm - 9pm	Pool Closed Competition Lap Pool 8pm - 9pm	Pool Closed Competition Lap Pool 8pm - 9pm			Pool Closed Warm Water Therapy Pool 8pm - 9pm

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Pool Closed Warm Water Therapy Pool 8pm - 9pm	Pool Closed Competition Lap Pool 8pm - 9pm	Pool Closed Warm Water Therapy Pool 8pm - 9pm	Pool Closed Warm Water Therapy Pool 8pm - 9pm			Pool Closed Competition Lap Pool 8pm - 9pm

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