



# Tillamook County Family YMCA

June 22nd - June 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		<b>Bootcamp</b> Upstairs Studio Molly Carlson 5:15am - 6:15am		<b>STT / Strength Train Together</b> Upstairs Studio Sarah Patterson 5:15am - 6:15am			<b>STT / Strength Train Together</b> Upstairs Studio Sarah Patterson 5:15am - 6:15am
6am	<b>Sun Salutations Yoga</b> Upstairs Studio Tiffany Wildharber 6:30am - 7:15am	<b>Adult Basketball</b> North and South Gym No Instruction 6am - 7am	<b>Sun Salutations Yoga</b> Upstairs Studio Tiffany Wildharber 6:30am - 7:15am	<b>Adult Basketball</b> North and South Gym No Instruction 6am - 7am	<b>Pool Closed</b> Competition Lap Pool No Instruction 6am - 6am	<b>Pool Closed</b> Competition Lap Pool No Instruction 6am - 6am	<b>Adult Basketball</b> North and South Gym No Instruction 6am - 7am
					<b>Pool Closed</b> Warm Water Therapy Pool No Instruction 6am - 6am	<b>Pool Closed</b> Warm Water Therapy Pool No Instruction 6am - 6am	
7am	<b>Open Adult Exercise</b> Warm Water Therapy Pool No Instruction 7am - 12pm	<b>Lap Swim</b> Competition Lap Pool No Instruction 7am - 7pm	<b>Open Adult Exercise</b> Warm Water Therapy Pool No Instruction 7am - 12pm	<b>Open Adult Exercise</b> Warm Water Therapy Pool No Instruction 7am - 12pm			<b>Lap Swim</b> Competition Lap Pool No Instruction 7am - 7pm
	<b>Common Core</b> Upstairs Studio Michelle Jenck 7:30am - 7:45am	<b>Open Adult Exercise</b> Warm Water Therapy Pool No Instruction 7am - 12pm	<b>Lap Swim</b> Competition Lap Pool No Instruction 7am - 7pm	<b>Lap Swim</b> Competition Lap Pool No Instruction 7am - 7pm			<b>Open Adult Exercise</b> Warm Water Therapy Pool No Instruction 7am - 12pm
			<b>Common Core</b> Upstairs Studio Michelle Jenck 7:30am - 7:45am				
8am	<b>Moving For Better Health/Qigong</b> Upstairs Studio Michelle Jenck 8am - 8:30am	<b>Beginners Tai Chi/Moving For Better Balance</b> North and South Gym Kelly Benson 8:30am - 9am	<b>Moving For Better Health/Qigong</b> Upstairs Studio Michelle Jenck 8am - 8:30am	<b>Beginners Tai Chi/Moving For Better Balance</b> North and South Gym Kelly Benson 8:30am - 9am	<b>STT / Strength Train Together</b> Upstairs Studio Vanessa Cham 8:30am - 9:30am		<b>Beginners Tai Chi/Moving For Better Balance</b> North and South Gym Kelly Benson 8:30am - 9am
	<b>Zumba</b> North and South Gym Sarah Patterson 8:30am - 9:30am		<b>Zumba</b> North and South Gym Sarah Patterson 8:30am - 9:30am	<b>Step &amp; Sculpt</b> Upstairs Studio Sarah Patterson 8:30am - 9:30am			<b>Step &amp; Sculpt</b> Upstairs Studio Sarah Patterson 8:30am - 9:30am
	<b>Insanity</b> Upstairs Studio Galena Flores 8:45am - 9:30am		<b>Insanity</b> Upstairs Studio Galena Flores 8:45am - 9:30am				
9am		<b>Tai Chi/Qi Gong</b> North and South Gym Kelly Benson 9am - 10am		<b>Tai Chi/Qi Gong</b> North and South Gym Kelly Benson 9am - 10am			<b>Deep Water Exercise &amp; Aerobics</b> Warm Water Therapy Pool Sue Urry 9am - 10am
							<b>Tai Chi/Qi Gong</b> North and South Gym Kelly Benson 9am - 10am

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
<b>10am</b>	<b>Joyful Joints</b> Warm Water Therapy Pool Lori Kaiser 10am - 11am	<b>Enhancefitness</b> North and South Gym Galena Flores 10am - 11am	<b>STT / Strength Train Together</b> North and South Gym Galena Flores 10am - 11am	<b>Enhancefitness</b> North and South Gym Galena Flores 10am - 11am	<b>Tai Chi/Qi Gong</b> Upstairs Studio Phillip Gates 10am - 11am		<b>Enhancefitness</b> North and South Gym Galena Flores 10am - 11am
	<b>STT / Strength Train Together</b> North and South Gym Galena Flores 10am - 11am	<b>Mid-Morning Movers</b> Warm Water Therapy Pool Sue Urrey 10am - 11am	<b>Joyful Joints</b> Warm Water Therapy Pool Lori Kaiser 10am - 11am	<b>Mid-Morning Movers</b> Warm Water Therapy Pool Sue Urrey 10am - 11am			<b>Mid-Morning Movers</b> Warm Water Therapy Pool Sue Urrey 10am - 11am
<b>11am</b>		<b>Parent and Tot Swim Class</b> Warm Water Therapy Pool Sue Urrey 11am - 12pm					
<b>12pm</b>	<b>Therapy Pool Closed</b> Warm Water Therapy Pool No Instruction 12pm - 1pm	<b>Therapy Pool Closed</b> Warm Water Therapy Pool No Instruction 12pm - 1pm	<b>Therapy Pool Closed</b> Warm Water Therapy Pool No Instruction 12pm - 1pm	<b>Therapy Pool Closed</b> Warm Water Therapy Pool No Instruction 12pm - 1pm			<b>Therapy Pool Closed</b> Warm Water Therapy Pool No Instruction 12pm - 1pm
<b>1pm</b>	<b>Open Adult Exercise</b> Warm Water Therapy Pool No Instruction 1pm - 3pm	<b>Open Adult Exercise</b> Warm Water Therapy Pool No Instruction 1pm - 3:30pm	<b>Open Adult Exercise</b> Warm Water Therapy Pool No Instruction 1pm - 3pm	<b>Open Adult Exercise</b> Warm Water Therapy Pool No Instruction 1pm - 3pm			<b>Open Adult Exercise</b> Warm Water Therapy Pool No Instruction 1pm - 3:30pm
<b>3pm</b>	<b>Open Family Swim</b> Warm Water Therapy Pool No Instruction 3pm - 7pm	<b>Swim Lessons</b> Warm Water Therapy Pool Swim Instructors 3:30pm - 5:15pm	<b>Open Family Swim</b> Warm Water Therapy Pool No Instruction 3pm - 7pm	<b>Open Family Swim</b> Warm Water Therapy Pool No Instruction 3pm - 7pm			<b>Swim Lessons</b> Warm Water Therapy Pool Swim Instructors 3:30pm - 5:15pm
<b>5pm</b>		<b>Open Family Swim</b> Warm Water Therapy Pool No Instruction 5:15pm - 7pm		<b>Deep Water Exercise &amp; Aerobics</b> Warm Water Therapy Pool Sue Urrey 5:30pm - 6:30pm			<b>Open Family Swim</b> Warm Water Therapy Pool No Instruction 5:15pm - 7pm
		<b>Deep Water Exercise &amp; Aerobics</b> Warm Water Therapy Pool Sue Urrey 5:30pm - 6:30pm					<b>Deep Water Exercise &amp; Aerobics</b> Warm Water Therapy Pool Sue Urrey 5:30pm - 6:30pm
		<b>STT / Strength Train Together</b> Upstairs Studio Sarah Patterson 5:30pm - 6:30pm					<b>Zumba</b> North and South Gym Jeannie Christensen 5:45pm - 6:45pm
		<b>Zumba</b> North and South Gym Jeannie Christensen 5:45pm - 6:45pm					

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	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
7pm							<b>Evening Yoga with Molly</b> Upstairs Studio Molly Carlson 7pm - 8pm
8pm		<b>Step &amp; Sculpt</b> Upstairs Studio Sarah Patterson 8:30pm - 9:30pm					

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