



Tillamook County Family YMCA
August 2nd - August 8th

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

	SUN 2	MON 3	TUE 4	WED 5	THU 6	FRI 7	SAT 8
5am		STT / Strength Train Together Upstairs Studio Sarah Patterson 5:15am - 6:15am		Bootcamp Upstairs Studio Molly Carlson 5:15am - 6:15am		STT / Strength Train Together Upstairs Studio Sarah Patterson 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 - 4:45pm	Lap Swim Competition Lap Pool No Instruction 7am - 4:45pm	Open Adult Exercise Warm Water Therapy Pool No Instruction 7am - 12pm	Open Adult Exercise Warm Water Therapy Pool No Instruction 7am - 12pm	On The Ball Upstairs Studio Darcy Fugate 7am - 8:15am	
		Open Adult Exercise Warm Water Therapy Pool No Instruction 7am - 12pm	Open Adult Exercise Warm Water Therapy Pool No Instruction 7am - 12pm	On The Ball Upstairs Studio Darcy Fugate 7am - 8:15am	Lap Swim Competition Lap Pool No Instruction 7am - 4:45pm	Lap Swim Competition Lap Pool No Instruction 7am - 4:45pm	
		On The Ball Upstairs Studio Darcy Fugate 7am - 8:15am		Lap Swim Competition Lap Pool No Instruction 7am - 4:45pm		Open Adult Exercise Warm Water Therapy Pool No Instruction 7am - 12pm	
8am		Beginners Tai Chi/Moving For Better Balance North and South Gym Thea Defeyter 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 Thea Defeyter 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 Thea Defeyter 8:30am - 9am	
			Zumba North and South Gym Sarah Patterson 8:30am - 9:30am		Zumba North and South Gym Sarah Patterson 8:30am - 9:30am		
9am		Tai Chi/Qi Gong North and South Gym Thea Defeyter 9am - 10am		Tai Chi/Qi Gong North and South Gym Thea Defeyter 9am - 10am		Tai Chi/Qi Gong North and South Gym Thea Defeyter 9am - 10am	
10am		Mid-Morning Movers Warm Water Therapy Pool Volunteer Jim Jett 10am - 11am	STT / Strength Train Together North and South Gym Galena Flores 10am - 11am	Mid-Morning Movers Warm Water Therapy Pool Volunteer Jim Jett 10am - 11am	Joyful Joints Warm Water Therapy Pool Lori Kaiser 10am - 11am	Enhancefitness North and South Gym Galena Flores 10am - 11am	
		Enhancefitness North and South Gym Galena Flores 10am - 11am	Pilates on the Mat Upstairs Studio Kelly Benson 10am - 11am	Enhancefitness North and South Gym Galena Flores 10am - 11am	Pilates on the Mat Upstairs Studio Kelly Benson 10am - 11am	Mid-Morning Movers Warm Water Therapy Pool Volunteer Jim Jett 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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			Joyful Joints Warm Water Therapy Pool Lori Kaiser 10am - 11am		STT / Strength Train Together North and South Gym Galena Flores 10am - 11am		
11am				Parent and Tot Swim Class Warm Water Therapy Pool Sue Urry 11am - 11:45am			
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	Therapy Pool Closed Warm Water Therapy Pool No Instruction 12pm - 1pm	
1pm		Open Adult Exercise Warm Water Therapy Pool No Instruction 1pm - 3pm	Open Adult Exercise Warm Water Therapy Pool No Instruction 1pm - 4:45pm	Open Adult Exercise Warm Water Therapy Pool No Instruction 1pm - 3pm	Open Adult Exercise Warm Water Therapy Pool No Instruction 1pm - 4:45pm	Open Adult Exercise Warm Water Therapy Pool No Instruction 1pm - 4:45pm	
3pm		Swim Lessons Warm Water Therapy Pool Swim Instructors 3pm - 4:45pm		Swim Lessons Warm Water Therapy Pool Swim Instructors 3pm - 4:45pm			
4pm		Therapy Pool Closed Warm Water Therapy Pool No Instruction 4:45pm - 5pm	Therapy Pool Closed Warm Water Therapy Pool No Instruction 4:45pm - 5pm	Therapy Pool Closed Warm Water Therapy Pool No Instruction 4:45pm - 5pm	Competition Pool Closed Competition Lap Pool No Instruction 4:45pm - 5pm	Therapy Pool Closed Warm Water Therapy Pool No Instruction 4:45pm - 5pm	Therapy Pool Closed Warm Water Therapy Pool No Instruction 4:45pm - 5pm
		Competition Pool Closed Competition Lap Pool No Instruction 4:45pm - 5pm	Competition Pool Closed Competition Lap Pool No Instruction 4:45pm - 5pm	Competition Pool Closed Competition Lap Pool No Instruction 4:45pm - 5pm	Therapy Pool Closed Warm Water Therapy Pool No Instruction 4:45pm - 5pm	Competition Pool Closed Competition Lap Pool No Instruction 4:45pm - 5pm	
5pm		Open Adult Exercise Warm Water Therapy Pool No Instruction 5pm - 7pm	Lap Swim Competition Lap Pool No Instruction 5pm - 7pm	Open Adult Exercise Warm Water Therapy Pool No Instruction 5pm - 7pm	Open Adult Exercise Warm Water Therapy Pool No Instruction 5pm - 7pm	Open Adult Exercise Warm Water Therapy Pool No Instruction 5pm - 7pm	
		Lap Swim Competition Lap Pool No Instruction 5pm - 7pm	Open Adult Exercise Warm Water Therapy Pool No Instruction 5pm - 7pm	Lap Swim Competition Lap Pool No Instruction 5pm - 7pm	Lap Swim Competition Lap Pool No Instruction 5pm - 7pm	Lap Swim Competition Lap Pool No Instruction 5pm - 7pm	
		Deep Water Exercise & Aerobics Warm Water Therapy Pool Sue Urry 5:30pm - 6:30pm	Pilates on the Mat Upstairs Studio Kelly Benson 5:30pm - 6:30pm	STT / Strength Train Together Upstairs Studio Sarah Patterson 5:30pm - 6:30pm	Pilates on the Mat Upstairs Studio Kelly Benson 5:30pm - 6:30pm	Deep Water Exercise & Aerobics Warm Water Therapy Pool Sue Urry 5:30pm - 6:30pm	

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	SUN 2	MON 3	TUE 4	WED 5	THU 6	FRI 7	SAT 8
		Zumba North and South Gym Jeannie Christensen 5:45pm - 6:45pm		Deep Water Exercise & Aerobics Warm Water Therapy Pool Sue Urrey 5:30pm - 6:30pm		Zumba Upstairs Studio Neri Perez 5:30pm - 6:30pm	
				Zumba North and South Gym Jeannie Christensen 5:45pm - 6:45pm			
6pm			Zumba Upstairs Studio Neri Perez 6:45pm - 7:45pm				

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