



Tillamook County Family YMCA
September 22nd - September 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		Bootcamp Upstairs Studio Darcy Fugate 5:15am - 6:15am		STT / Strength Train Together Upstairs Studio Sarah Patterson 5:15am - 6:15am			STT / Strength Train Together Upstairs Studio Sarah Patterson 5:15am - 6:15am
6am					Pool Closed Competition Lap Pool No Instruction 6am - 6am	Pool Closed Competition Lap Pool No Instruction 6am - 6am	
					Pool Closed Warm Water Therapy Pool No Instruction 6am - 6am	Pool Closed Warm Water Therapy Pool No Instruction 6am - 6am	
7am	Lap Swim Competition Lap Pool No Instruction 7am - 7pm	Open Adult Exercise Warm Water Therapy Pool No Instruction 7am - 12pm	Lap Swim Competition Lap Pool No Instruction 7am - 7pm	Open Adult Exercise Warm Water Therapy Pool No Instruction 7am - 12pm			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	Lap Swim Competition Lap Pool No Instruction 7am - 7pm			On The Ball Upstairs Studio Darcy Fugate 7am - 8:15am
		Lap Swim Competition Lap Pool No Instruction 7am - 7pm		On The Ball Upstairs Studio Darcy Fugate 7am - 8:15am			Lap Swim Competition Lap Pool No Instruction 7am - 7pm
8am	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	Step & Sculpt Upstairs Studio Sarah Patterson 8:30am - 9:30am			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	Insanity Upstairs Studio Galena Flores 8:45am - 9:30am	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
	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	Pilates on the Mat Upstairs Studio Kelly Benson 10am - 11am	Mid-Morning Movers Warm Water Therapy Pool Sue Urrey 10am - 11am	Pilates on the Mat Upstairs Studio Kelly Benson 10am - 11am	Enhancefitness North and South Gym Galena Flores 10am - 11am			Mid-Morning Movers Warm Water Therapy Pool Sue Urrey 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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	STT / Strength Train Together North and South Gym Galena Flores 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			Enhancefitness North and South Gym Galena Flores 10am - 11am
	Joyful Joints Warm Water Therapy Pool Lori Kaiser 10am - 11am		Joyful Joints Warm Water Therapy Pool Lori Kaiser 10am - 11am				
11am		Parent and Tot Swim Class Warm Water Therapy Pool Sue Urrey 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 - 7pm	Open Adult Exercise Warm Water Therapy Pool No Instruction 1pm - 3:30pm	Open Adult Exercise Warm Water Therapy Pool No Instruction 1pm - 7pm	Open Adult Exercise Warm Water Therapy Pool No Instruction 1pm - 4:45pm			Open Adult Exercise Warm Water Therapy Pool No Instruction 1pm - 3:30pm
3pm		Swim Lessons Warm Water Therapy Pool Swim Instructors 3:30pm - 5:15pm					Swim Lessons Warm Water Therapy Pool Swim Instructors 3:30pm - 5:15pm
5pm	Pilates on the Mat Upstairs Studio Kelly Benson 5:30pm - 6:30pm	Open Adult Exercise Warm Water Therapy Pool No Instruction 5:15pm - 7pm	Pilates on the Mat Upstairs Studio Kelly Benson 5:30pm - 6:30pm	Deep Water Exercise & Aerobics Warm Water Therapy Pool Sue Urrey 5:30pm - 6:30pm			Open Adult Exercise Warm Water Therapy Pool No Instruction 5:15pm - 7pm
		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
		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
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	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
7pm							Evening Yoga with Molly Upstairs Studio Molly Carlson 7pm - 8pm

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