



Tillamook County Family YMCA

October 18th - October 24th

610 Stillwell Avenue

TILLAMOOK, OR 97141

(503) 842-9622

	SUN 18	MON 19	TUE 20	WED 21	THU 22	FRI 23	SAT 24
5am		STT / Strength Train Together Upstairs Studio Sarah Patterson 5:15am - 6:15am		Bootcamp Upstairs Studio Darcy Fugate 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		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	On The Ball Upstairs Studio Darcy Fugate 7am - 8:15am	
		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	
8am		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	STT / Strength Train Together Upstairs Studio Vanessa Cham 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	Insanity Upstairs Studio Galena Flores 8:45am - 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	
10am		Mid-Morning Movers Warm Water Therapy Pool Sue Urrey 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	Pilates on the Mat Upstairs Studio Kelly Benson 10am - 11am	Mid-Morning Movers Warm Water Therapy Pool Sue Urrey 10am - 11am	Tai Chi/Qi Gong Upstairs Studio Phillip Gates 10am - 11am
		Enhancefitness North and South Gym Galena Flores 10am - 11am	Joyful Joints Warm Water Therapy Pool Lori Kaiser 10am - 11am	Enhancefitness North and South Gym Galena Flores 10am - 11am	Joyful Joints Warm Water Therapy Pool Lori Kaiser 10am - 11am	Enhancefitness North and South Gym Galena Flores 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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			Pilates on the Mat Upstairs Studio Kelly Benson 10am - 11am		STT / Strength Train Together North and South Gym Galena Flores 10am - 11am		
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 - 3:30pm	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	
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		Open Adult Exercise Warm Water Therapy Pool No Instruction 5:15pm - 7pm	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	
		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		STT / Strength Train Together Upstairs Studio Sarah Patterson 5:30pm - 6:30pm			
				Zumba North and South Gym Jeannie Christensen 5:45pm - 6:45pm			
7pm		Evening Yoga with Molly Upstairs Studio Molly Carlson 7pm - 8pm					

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