



YMCA of Grants Pass

April 19th - April 25th

1000 Redwood Avenue

GRANTS PASS, OR 97527

(541) 474-0001

	SAT 19	SUN 20	MON 21	TUE 22	WED 23	THU 24	FRI 25
5am			Boot Camp Multipurpose Room Mike or Vickie 5am - 6am	Boot Camp Multipurpose Room Mike or Vickie 5am - 6am		Boot Camp Multipurpose Room Mike or Vickie 5am - 6am	Boot Camp Multipurpose Room Mike or Vickie 5am - 6am
7am			Early Bird Aquatic Fitness Sharon Poole 7am - 8am		Early Bird Aquatic Fitness Sharon Poole 7am - 8am		Early Bird Aquatic Fitness Sharon Poole 7am - 8am
			Movement Improvement Collins Class Room Elmer Seutter 7:45am - 8:30am		Movement Improvement Collins Class Room Elmer Seutter 7:45am - 8:30am		
8am			Aquatic Fitness Aquatic Fitness Sue Huck 8am - 9am	Cycle Collins Class Room Ashley Dayton 8am - 8:45am	Water Walking Aquatic Fitness Sharon Poole 8am - 8:30am	Cycle Collins Class Room Ashley Dayton 8am - 8:45am	Water Walking Aquatic Fitness Sharon Poole 8am - 8:30am
			Water Walking Aquatic Fitness Sharon Poole 8am - 8:30am	Water Walking Aquatic Fitness Laura Engi 8:30am - 9am	Aquatic Fitness Aquatic Fitness Sue Huck 8am - 9am	Water Walking Aquatic Fitness Laura Engi 8:30am - 9am	Aquatic Fitness Aquatic Fitness Sue Huck 8am - 9am
			Aquatic Innovation Aquatic Fitness Kerri Cardelli 8:30am - 9:30am		Aquatic Innovation Aquatic Fitness Kerri Cardelli 8:30am - 9:30am		Aquatic Innovation Aquatic Fitness Kerri Cardelli 8:30am - 9:30am
9am	Step & Stuff Multipurpose Room Sandy Contreras 9am - 10am		Movin' n Groovin' Multipurpose Room Toki Gerson 9am - 10am	Boot Camp Collins Class Room Liz Barnes 9am - 10am	Fitness For All Aquatic Fitness Jackie Watson 9am - 10am	Boot Camp Collins Class Room Liz Barnes 9am - 10am	Fitness For All Aquatic Fitness Jackie Watson 9am - 10am
			Step & Stuff Collins Class Room Sandy Contreras 9am - 10am	Water Wellness Aquatic Fitness Laura Engi 9am - 10am	Movin' n Groovin' Multipurpose Room Toki Gerson 9am - 10am	Water Wellness Aquatic Fitness Laura Engi 9am - 10am	Movin' n Groovin' Multipurpose Room Toki Gerson 9am - 10am
			Fitness For All Aquatic Fitness Jackie Watson 9am - 10am	Pilates Multipurpose Room Teri Gibbs 9:45am - 10:30am	Step & Stuff Collins Class Room Sandy Contreras 9am - 10am	Pilates Multipurpose Room Teri Gibbs 9:45am - 10:30am	
10am	Tai Chi Bamboo Exercise Class Multipurpose Room Karen Glass 10:30am - 11:30am		Sensational U Multipurpose Room Trazia Wylie 10am - 11am	Water Tai Chi Aquatic Fitness Chuck LaTourrette 10am - 10:45am	Beginning Movin' n Groovin' Multipurpose Room Toki Gerson 10am - 11am	Water Tai Chi Aquatic Fitness Chuck LaTourrette 10am - 10:45am	Beginning Movin' n Groovin' Multipurpose Room Toki Gerson 10am - 11am
			Water Wellness Aquatic Fitness Teri Gibbs 10:30am - 11:30am	Fitness For All Aquatic Fitness Gillian Golden 10:30am - 11:30am	Gentle Yoga Collins Class Room Jane Manns 10:15am - 11:15am	Fitness For All Aquatic Fitness Gillian Golden 10:30am - 11:30am	Water Wellness Aquatic Fitness Teri Gibbs 10:30am - 11:30am
				Heart & Soles Multipurpose Room Teri Gibbs 10:30am - 11:30am	Water Wellness Aquatic Fitness Teri Gibbs 10:30am - 11:30am	Heart & Soles Multipurpose Room Teri Gibbs 10:30am - 11:30am	
11am	Beginning Tai Chi Multipurpose Room Karen Glass 11:30am - 12:30pm		Vitality Fitness Multipurpose Room Brandy Walker 11am - 12pm	Tai Chi Multipurpose Room Chuck LaTourrette 11:30am - 12:30pm	Vitality Fitness Multipurpose Room Brandy Walker 11am - 12pm	Tai Chi Multipurpose Room Chuck LaTourrette 11:30am - 12:30pm	Gentle Yoga Collins Class Room Reenee Link 11am - 12pm

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.



YMCA of Grants Pass
April 19th - April 25th

1000 Redwood Avenue
GRANTS PASS, OR 97527
(541) 474-0001

	SAT 19	SUN 20	MON 21	TUE 22	WED 23	THU 24	FRI 25
			Gentle Yoga Collins Class Room Reenee Link 11am - 12pm		Water Walking Aquatic Fitness Teri Gibbs 11:30am - 12pm		Vitality Fitness Multipurpose Room Brandy Walker 11am - 12pm
			Water Walking Aquatic Fitness Teri Gibbs 11:30am - 12pm				Water Walking Aquatic Fitness Teri Gibbs 11:30am - 12pm
12pm			Chair Works Multipurpose Room Karen Glass 12pm - 1pm		Chair Works Multipurpose Room Karen Glass 12pm - 1pm		Mediterranean Fusion Dance Multipurpose Room Nita Sayadi 12pm - 1pm
1pm				Bone Health & Balance Multipurpose Room Brandy Walker 1pm - 2pm	Move With Us Multipurpose Room Katie Bergeron 1pm - 2pm	Bone Health & Balance Multipurpose Room Brandy Walker 1pm - 2pm	
2pm			Boot Camp Collins Class Room Glen Wardlaw 2pm - 3pm		Boot Camp Collins Class Room Glen Wardlaw 2pm - 3pm		Boot Camp Collins Class Room Glen Wardlaw 2pm - 3pm
4pm			Kickboxing Multipurpose Room Paulette Bauer 4:30pm - 5:30pm	Cycle Collins Class Room Ashley Dayton 4:15pm - 5pm	Kickboxing Multipurpose Room Paulette Bauer 4:30pm - 5:30pm	Cycle Collins Class Room Ashley Dayton 4:15pm - 5pm	
5pm			Gentle Yoga Collins Class Room Paulette Bauer 5:30pm - 6:30pm	Strength in Motion Multipurpose Room Heidi Whitehead 5pm - 5:30pm	Gentle Yoga Collins Class Room Paulette Bauer 5:30pm - 6:30pm	Egyptian Cabaret - Beginner Multipurpose Room Vikki Freeman 5:30pm - 6:30pm	
				Ab Lab Multipurpose Room Heidi Whitehead 5:30pm - 6pm			
6pm			Aquatic Fitness Aquatic Fitness Kathy Hodge 6pm - 7pm	Body Sculpt Collins Class Room Krista Smith 6:30pm - 7:30pm	Aquatic Fitness Aquatic Fitness Kathy Hodge 6pm - 7pm	Body Sculpt Collins Class Room Cassie Peterson 6:30pm - 7:30pm	Aquatic Fitness Aquatic Fitness Kathy Hodge 6pm - 7pm
			Zumba Multipurpose Room Krista Smith 6:30pm - 7:30pm	Traditional Japanese Swordsmanship Multipurpose Room Justin Hager 6:30pm - 7:30pm	Zumba Multipurpose Room Cassie Peterson 6:30pm - 7:30pm	Egyptian Cabaret - Intermediate Multipurpose Room Vikki Freeman 6:30pm - 7:30pm	

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.