



# YMCA of Grants Pass

April 21st - April 27th

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

	MON 21	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27
<b>5am</b>	<b>Boot Camp</b> Multipurpose Room Mike or Vickie 5am - 6am	<b>Boot Camp</b> Multipurpose Room Mike or Vickie 5am - 6am		<b>Boot Camp</b> Multipurpose Room Mike or Vickie 5am - 6am	<b>Boot Camp</b> Multipurpose Room Mike or Vickie 5am - 6am		
<b>7am</b>	<b>Early Bird</b> Aquatic Fitness Sharon Poole 7am - 8am		<b>Early Bird</b> Aquatic Fitness Sharon Poole 7am - 8am		<b>Early Bird</b> Aquatic Fitness Sharon Poole 7am - 8am		
	<b>Movement Improvement</b> Collins Class Room Elmer Seutter 7:45am - 8:30am		<b>Movement Improvement</b> Collins Class Room Elmer Seutter 7:45am - 8:30am				
<b>8am</b>	<b>Aquatic Fitness</b> Aquatic Fitness Sue Huck 8am - 9am	<b>Cycle</b> Collins Class Room Ashley Dayton 8am - 8:45am	<b>Water Walking</b> Aquatic Fitness Sharon Poole 8am - 8:30am	<b>Cycle</b> Collins Class Room Ashley Dayton 8am - 8:45am	<b>Water Walking</b> Aquatic Fitness Sharon Poole 8am - 8:30am		
	<b>Water Walking</b> Aquatic Fitness Sharon Poole 8am - 8:30am	<b>Water Walking</b> Aquatic Fitness Laura Engi 8:30am - 9am	<b>Aquatic Fitness</b> Aquatic Fitness Sue Huck 8am - 9am	<b>Water Walking</b> Aquatic Fitness Laura Engi 8:30am - 9am	<b>Aquatic Fitness</b> Aquatic Fitness Sue Huck 8am - 9am		
	<b>Aquatic Innovation</b> Aquatic Fitness Kerri Cardelli 8:30am - 9:30am		<b>Aquatic Innovation</b> Aquatic Fitness Kerri Cardelli 8:30am - 9:30am		<b>Aquatic Innovation</b> Aquatic Fitness Kerri Cardelli 8:30am - 9:30am		
<b>9am</b>	<b>Fitness For All</b> Aquatic Fitness Jackie Watson 9am - 10am	<b>Boot Camp</b> Collins Class Room Liz Barnes 9am - 10am	<b>Movin' n Groovin'</b> Multipurpose Room Toki Gerson 9am - 10am	<b>Boot Camp</b> Collins Class Room Liz Barnes 9am - 10am	<b>Movin' n Groovin'</b> Multipurpose Room Toki Gerson 9am - 10am	<b>Step &amp; Stuff</b> Multipurpose Room Sandy Contreras 9am - 10am	
	<b>Step &amp; Stuff</b> Collins Class Room Sandy Contreras 9am - 10am	<b>Water Wellness</b> Aquatic Fitness Laura Engi 9am - 10am	<b>Fitness For All</b> Aquatic Fitness Jackie Watson 9am - 10am	<b>Water Wellness</b> Aquatic Fitness Laura Engi 9am - 10am	<b>Fitness For All</b> Aquatic Fitness Jackie Watson 9am - 10am		
	<b>Movin' n Groovin'</b> Multipurpose Room Toki Gerson 9am - 10am	<b>Pilates</b> Multipurpose Room Teri Gibbs 9:45am - 10:30am	<b>Step &amp; Stuff</b> Collins Class Room Sandy Contreras 9am - 10am	<b>Pilates</b> Multipurpose Room Teri Gibbs 9:45am - 10:30am			
<b>10am</b>	<b>Sensational U</b> Multipurpose Room Trazia Wylie 10am - 11am	<b>Water Tai Chi</b> Aquatic Fitness Chuck LaTourrette 10am - 10:45am	<b>Beginning Movin' n Groovin'</b> Multipurpose Room Toki Gerson 10am - 11am	<b>Water Tai Chi</b> Aquatic Fitness Chuck LaTourrette 10am - 10:45am	<b>Beginning Movin' n Groovin'</b> Multipurpose Room Toki Gerson 10am - 11am	<b>Tai Chi Bamboo Exercise Class</b> Multipurpose Room Karen Glass 10:30am - 11:30am	
	<b>Water Wellness</b> Aquatic Fitness Teri Gibbs 10:30am - 11:30am	<b>Fitness For All</b> Aquatic Fitness Gillian Golden 10:30am - 11:30am	<b>Gentle Yoga</b> Collins Class Room Jane Manns 10:15am - 11:15am	<b>Fitness For All</b> Aquatic Fitness Gillian Golden 10:30am - 11:30am	<b>Water Wellness</b> Aquatic Fitness Teri Gibbs 10:30am - 11:30am		
		<b>Heart &amp; Soles</b> Multipurpose Room Teri Gibbs 10:30am - 11:30am	<b>Water Wellness</b> Aquatic Fitness Teri Gibbs 10:30am - 11:30am	<b>Heart &amp; Soles</b> Multipurpose Room Teri Gibbs 10:30am - 11:30am			
<b>11am</b>	<b>Gentle Yoga</b> Collins Class Room Reenee Link 11am - 12pm	<b>Tai Chi</b> Multipurpose Room Chuck LaTourrette 11:30am - 12:30pm	<b>Vitality Fitness</b> Multipurpose Room Brandy Walker 11am - 12pm	<b>Tai Chi</b> Multipurpose Room Chuck LaTourrette 11:30am - 12:30pm	<b>Gentle Yoga</b> Collins Class Room Reenee Link 11am - 12pm	<b>Beginning Tai Chi</b> Multipurpose Room Karen Glass 11:30am - 12:30pm	

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.



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	MON 21	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27
	<b>Vitality Fitness</b> Multipurpose Room Brandy Walker 11am - 12pm		<b>Water Walking</b> Aquatic Fitness Teri Gibbs 11:30am - 12pm		<b>Vitality Fitness</b> Multipurpose Room Brandy Walker 11am - 12pm		
	<b>Water Walking</b> Aquatic Fitness Teri Gibbs 11:30am - 12pm				<b>Water Walking</b> Aquatic Fitness Teri Gibbs 11:30am - 12pm		
12pm	<b>Chair Works</b> Multipurpose Room Karen Glass 12pm - 1pm		<b>Chair Works</b> Multipurpose Room Karen Glass 12pm - 1pm		<b>Mediterranean Fusion Dance</b> Multipurpose Room Nita Sayadi 12pm - 1pm		
1pm		<b>Bone Health &amp; Balance</b> Multipurpose Room Brandy Walker 1pm - 2pm	<b>Move With Us</b> Multipurpose Room Katie Bergeron 1pm - 2pm	<b>Bone Health &amp; Balance</b> Multipurpose Room Brandy Walker 1pm - 2pm			
2pm	<b>Boot Camp</b> Collins Class Room Glen Wardlaw 2pm - 3pm		<b>Boot Camp</b> Collins Class Room Glen Wardlaw 2pm - 3pm		<b>Boot Camp</b> Collins Class Room Glen Wardlaw 2pm - 3pm		
4pm	<b>Kickboxing</b> Multipurpose Room Paulette Bauer 4:30pm - 5:30pm	<b>Cycle</b> Collins Class Room Ashley Dayton 4:15pm - 5pm	<b>Kickboxing</b> Multipurpose Room Paulette Bauer 4:30pm - 5:30pm	<b>Cycle</b> Collins Class Room Ashley Dayton 4:15pm - 5pm			
5pm	<b>Gentle Yoga</b> Collins Class Room Paulette Bauer 5:30pm - 6:30pm	<b>Strength in Motion</b> Multipurpose Room Heidi Whitehead 5pm - 5:30pm	<b>Gentle Yoga</b> Collins Class Room Paulette Bauer 5:30pm - 6:30pm	<b>Egyptian Cabaret - Beginner</b> Multipurpose Room Vikki Freeman 5:30pm - 6:30pm			
		<b>Ab Lab</b> Multipurpose Room Heidi Whitehead 5:30pm - 6pm					
6pm	<b>Aquatic Fitness</b> Aquatic Fitness Kathy Hodge 6pm - 7pm	<b>Body Sculpt</b> Collins Class Room Krista Smith 6:30pm - 7:30pm	<b>Aquatic Fitness</b> Aquatic Fitness Kathy Hodge 6pm - 7pm	<b>Body Sculpt</b> Collins Class Room Cassie Peterson 6:30pm - 7:30pm	<b>Aquatic Fitness</b> Aquatic Fitness Kathy Hodge 6pm - 7pm		
	<b>Zumba</b> Multipurpose Room Krista Smith 6:30pm - 7:30pm	<b>Traditional Japanese Swordsmanship</b> Multipurpose Room Justin Hager 6:30pm - 7:30pm	<b>Zumba</b> Multipurpose Room Cassie Peterson 6:30pm - 7:30pm	<b>Egyptian Cabaret - Intermediate</b> Multipurpose Room Vikki Freeman 6:30pm - 7:30pm			

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