



# GROUP FITNESS – Fall 2023

## Classes in the Movement Center

September 5 – November 30

2055 Patterson Street

Eugene, OR 97405

541 686 9622

Website – [eugeneymca.org](http://eugeneymca.org)

Virtual– [eugeneymca.y.org](http://eugeneymca.y.org)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Boot Camp</b> Hamza 6:15am	<b>*WARRIOR Rhythm™</b> Meredith 6:15am (45min.)	<b>Boot Camp</b> Jenny 6:15am	<b>R.I.P.P.E.D.™</b> Meredith 6:15am	<b>Bodyweight Boot Camp</b> Michele 6:15am	
<b>Cardio Strength</b> Stephanie S. 7:45am		<b>Boot Camp</b> Cameron 7:45am	<b>*Piyo™</b> Brynne 7:45am	<b>Boot Camp</b> Cameron 7:45am	<b>*WARRIOR Rhythm™</b> Jennifer S. 7:45am
<b>*WARRIOR Rhythm™</b> Halsey 9am	<b>*Piyo™</b> Brynne 9am	<b>Body Sculpt</b> Stephanie S. 9am	<b>Fusion Fit</b> Jennifer A. 9am	<b>Cardio Dance</b> Jackie 9am	<b>Y Sculpt</b> Shelly 9am
<b>Low Impact Aerobics**</b> Basia 10:15am	<b>Strength &amp; Stretch**</b> Kim 10:15am	<b>Low Impact Aerobics**</b> Kari 10:15am	<b>Strength &amp; Stretch**</b> Jenny 10:15am	<b>Low Impact Aerobics**</b> Brynne 10:15am	<b>Saturday Variety</b> Varies 10:30am
<b>Strong &amp; Balanced**</b> Doug 11:45am	<b>Boot Camp</b> Kim 12pm	<b>Strong &amp; Balanced**</b> Doug 11:45am	<b>Boot Camp</b> Kim 12pm	<b>Strong &amp; Balanced**</b> Doug 11:45am	
<b>U Can Gym in the HWC</b> Jenny 12–2pm		<b>U Can Gym in the HWC</b> Jenny 12–2pm		<b>U Can Gym in the HWC</b> Jenny 12–2pm	<b>Sunday</b>
<b>Reclaim Fit</b> Chris 1:15pm (45min.)	<b>Reclaim Fit</b> Anne 1:15pm (45min.)	<b>Room Reserved</b> 1–2:30pm	<b>Reclaim Fit</b> Sally 1:15pm (45min.)	<b>Room Reserved</b> 1–2:30pm	<b>WARRIOR Strength™</b> Lara 9:30am
<b>Chair Fitness**</b> Kate 2:45pm		<b>Chair Fitness**</b> Brynne 2:45pm		<b>Chair Fitness**</b> Kate 2:45pm	<b>Low Impact Aerobics**</b> Lara 10:45am
<b>Mix-it</b> Sheila 4:30pm	<b>Bhangra</b> Jaskiran 4:15pm	<b>Mix-it</b> Sheila 4:30pm			
<b>Step Aerobics &amp; Variety</b> Emily 5:45pm	<b>Cardio Dance</b> Jackie 5:30pm	<b>TurboKick™</b> Amanda 5:45pm	<b>Cardio Dance</b> Jackie 5:30pm		
<b>WARRIOR Strength™</b> Lara 7pm	<b>Cardio Fuse</b> Talia 6:45pm	<b>Barre</b> Amber A. 7pm	<b>Cardio Fuse</b> Talia 6:45pm		

Reservations are required for in-person classes. Drop-in spots are available only if class isn't full.

Reservations open 3 days and 1 hour in advanced at the time of class

Make reservations on the schedules page of our website or through the Y Universal App

For your safety, it is recommended you consult your physician prior to starting any exercise program.

Classes are for ages 15 and up. Check with the class instructor for exceptions.

Other than mat-based classes, **closed toe shoes must be worn** in the Movement Center.

We recommend arriving at least **five minutes before class** to allow for room set-up and for you and others to settle in.

Arriving late to class may result in your spot being filled by a drop-in, or you being marked as a no-show.

**\*Bring your yoga mat**

**\*\*These classes are geared toward active older adults; however, all ages are welcome.**

**The Y will be closed on:**

Mon. Sept. 4 for **Labor Day** / Sat. Nov. 11 for **Veterans Day** / Thur. Nov. 23 for **Thanksgiving**

**Main Facility Hours: M – TH 5:30am – 9pm Fri 5:30am – 7pm Sat 6am – 4pm Sun 9am – 4pm**

Please note that all schedules are subject to change.  
Download the YMCA Universal app or visit our website for the most up-to date schedules.



# YOGA & PILATES

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UPDATED 9/25/23

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>*Sunrise Yoga</b> Melissa 6:15am	<b>Aikido</b> Kit / Darren 6:15am	<b>*Ashtanga Flow</b> Melissa 6:15am	<b>Aikido</b> Kit / Darren 6:15am	<b>*Sunrise Yoga</b> Melissa 6:15am	<b>*Kundalini</b> Judy 8am
<b>*Gentle Yoga</b> Brant 7:30am	<b>*Hatha Yoga</b> Amber L. 8am	<b>*Core Pilates</b> Stephanie S. 7:30am	<b>*Hatha Yoga</b> Amber L. 8am	<b>*Core Pilates</b> Gretl 7:45am	<b>*Gentle Yoga</b> Susan 9:15am
<b>*Core Pilates</b> Stephanie S. 9am	<b>*Flow Yoga</b> Estelle 9:15am	<b>*Core Pilates</b> Gretl 9am	<b>*Flow Yoga</b> Hollye 9:15am	<b>*Core Pilates</b> Stephanie S. 9am	<b>*MELT Level 2</b> Anne 10:30am
	<b>Taiji</b> Erica 9:15am		<b>Taiji</b> Erica 9:15am		
	<b>BECK CENTER</b>		<b>BECK CENTER</b>		
<b>*Gentle Yoga</b> Cari Lyn 10:30am	<b>*Gentle Yoga</b> Brynne 10:30am	<b>*Gentle Yoga</b> Stephanie S. 10:30am	<b>*Gentle Yoga</b> Shauna 10:30am	<b>*Gentle Yoga</b> Cintamani 10:30am (75 min.)	<b>Sunday</b>
<b>*Gentle Yoga</b> Brynne 12pm	<b>*Gentle Yoga</b> Cintamani 12pm	<b>*Gentle Yoga</b> Stephanie S. 12pm	<b>*Core Pilates Level 2</b> Jack 12pm	<b>*Gentle Yoga</b> Cintamani 12pm	<b>*Flow Yoga</b> Anders 9:15am (75min.)
	<b>*MELT</b> Anne 2:30pm		<b>*MELT</b> Anne 2:30pm		
<b>*Gentle Yoga</b> Cintamani 4:15pm	<b>*Core Pilates</b> Gretl 4:15pm	<b>*Gentle Yoga</b> Cintamani 4:15pm	<b>*Gentle Yoga &amp; Meditation</b> Sarah 4:15pm		<b>Capoeira</b> Davey 11am (starting 10/8)
<b>*Yin Yoga</b> Cintamani 5:30pm	<b>*Hatha Yoga</b> Anders 5:30pm	<b>*Yin Yoga</b> Cintamani 5:30pm	<b>*Hatha Yoga</b> Anders 5:30pm (75min.)	<b>*Yin Yoga</b> Susan 5:30pm	
<b>*Flow Yoga</b> Eva 6:45pm	<b>*Vin/Yin Yoga</b> Candy 6:45pm	<b>*Hatha Yoga</b> Allannah 6:45pm			

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Reservations 3 days and 1 hour in advanced.

Make reservations on the schedules page of our website or through the Y Universal App

Max class size varies based on class type and equipment needs.

**VIRTUAL Classes are found on our Virtual Hub, [www.eugeneymca.y.org](http://www.eugeneymca.y.org)**

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