



GROUP FITNESS – Fall 2021

Classes in the Movement Center

Updated October 14

2055 Patterson Street
Eugene, OR 97405
541.686.9622
Website – eugeneymca.org
Virtual– eugeneymca.y.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yobata Jenny 6:15am	Adult Aikido Kit & Darren 6:15am	Boot Camp Jenny 6:15am	Adult Aikido Kit & Darren 6:15am	R.I.P.P.E.D.™ Meredith 6:15am	Y Sculpt Shelly 9am
Cardio Strength Stephanie 7:45am					
Barre Amber A. 9am	*Piyo™ Brynne 9am	Body Sculpt Stephanie S. 9am	Fusion Fit Jennifer 9am	Zumba® Maribel 9am	Zumba® Johanna 10:30am
**Low Impact Aerobics Brynne / Lara 10:15am	**Strength & Stretch Jenny 10:30am	**Low Impact Aerobics Kari 10:15am	**Strength & Stretch Jenny 10:30am	**Low Impact Aerobics Brynne 10:15am	OUTDOOR STUDIO
**Strong & Balanced Doug 11:45am	Boot Camp Sally/Jenny 12pm	**Strong & Balanced Doug 11:45am	Boot Camp Sally/Jenny 12pm	**Strong & Balanced Doug 11:45am	
U Can Gym in the HWC Jenny 12–2pm		U Can Gym in the HWC Jenny 12–2pm			
Reclaim Fit Colleen 1pm (45min.)		Reclaim Fit Colleen 1pm (45min.)			Boot Camp Kim 9:30 am
**Chair Fitness Kate 2:30pm		**Chair Fitness Brynne 2:30pm		**Chair Fitness Celina 2:30pm	
Mix-it Sheila 4:30pm	Turbo Kick® VIRTUAL Emily 4:30pm	Mix-it Sheila 4:30pm			
	Cardio Dance Jackie 5:30pm	*YoBata Amber A. 5:45pm	*Yogalates Stephanie T. 5:45pm		

Reservations are required for in-person classes. Limit one class per room per day.

Reservations open at 6am, 3 days in advanced on-line or by calling the Y.

To cancel a reservation, please call the Y at (541) 686-9622 or email membership@eugeneymca.org

Drop-in spots are available only if class isn't full.

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

VIRTUAL Classes are found on our Virtual Hub, www.eugeneymca.y.org

***Bring your yoga mat**

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

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.

Please note that all schedules are subject to change. Download from your app or play store the Daxko Mobile app or visit our website for the most up-to-date schedules.

Main Facility Hours: M – W 5:30am – 9pm TH/F 5:30am – 7pm Sat 6am – 4pm Sun 9am – 2pm



YOGA & PILATES Fall 2021

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Virtual- eugeneymca.y.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		*Core Pilates Stephanie S. 7:30am			*Kundalini Yoga Judy 8am
	*Hatha Yoga Amber L. 8am		*Hatha Yoga Amber L. 8am		*Gentle Yoga Susan 9:15am
*Core Pilates Stephanie S. 9am	Taiji Erica 9:15am	*Core Yoga Amber L. 9am	Taiji Erica 9:15am	*Core Pilates Stephanie S. 9am	*Gentle Yoga Cintamani 10:30am
	OUTDOOR STUDIO		OUTDOOR STUDIO		
*Gentle Yoga Brynne/Amber 10:30am	*Gentle Yoga Brynne 10:30am	*Gentle Yoga Stephanie S. 10:30am	*Gentle Yoga Leah R. 10:30am	*Gentle Yoga Cintamani 10:30am	Sunday
Gentle Vinyasa VIRTUAL Megan 10:30am	Gentle Yoga VIRTUAL Leah W. 11:30am				Hatha Yoga VIRTUAL Cari Lyn 9:15am
*Gentle Yoga Brynne 12pm	*Gentle Yoga Cintamani 12pm	*Hatha Yoga Stephanie S. 12pm	*Flow Yoga Hollye 12pm	*Gentle Yoga Brynne 12pm	Gentle Yoga VIRTUAL Cari Lyn 10:30am
*Gentle Yoga Cintamani 4:15pm					
*Flow Yoga Cintamani 5:30pm	*Hatha Yoga Anders 5:30pm	*Flow Yoga Cintamani 5:30pm	*Hatha Yoga Anders 5:30pm	*Yin Yoga Susan 5:30pm	
*Yin Yoga Cintamani 6:45pm	*Yogalates Stephanie T. 6:45pm	*Yin Yoga Cintamani 6:45pm	Vinyasa Restore VIRTUAL Megan 5:30pm		

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