



GROUP FITNESS - Winter 2022

Classes in the Movement Center

Jan. 3 - March 27

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.E.D.™ Meredith 6:15am	
Cardio Strength Stephanie 7:45am				Boot Camp Cameron 7:45am	Cardio Fuse Talia 7:45am
Barre Amber A. 9am	*Piyo™ Brynne 9am	Body Sculpt Stephanie S. 9am	Fusion Fit Jennifer 9am	Zumba® Varies 9am	Y Sculpt Shelly 9am
**Low Impact Aerobics Kari / Lara 10:15am	**Strength & Stretch Kim 10:15am	**Low Impact Aerobics Kari 10:15am	**Strength & Stretch Jenny 10:15am	**Low Impact Aerobics Brynne 10:15am	Saturday Variety Varies 10:30am
**Strong & Balanced Doug 11:45am	Boot Camp Kim 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			Sunday
Room Reserved 1-2:30pm (Starting 2/28)	Reclaim Fit Sally 1:15pm (45min.)	Room Reserved 1-2:30pm (Starting 3/2)	Reclaim Fit Sally 1:15pm (45min.)		Boot Camp Kim 9:30 am
**Chair Fitness Kate 2:45pm		**Chair Fitness Brynne 2:45pm		**Chair Fitness Celina / Kate 2:45pm	Sunday Variety Varies 12pm
Mix-it Sheila 4:30pm	Full Body Fusion Emily 4:30pm (45min.)	Mix-it Sheila 4:30pm	Tabata Amber A. 4:30pm		
Boot Camp Cameron 6pm	Cardio Dance Jackie 5:30pm	*YoBata Amber A. 5:45pm	Cardio Fuse Talia 5:45pm		

Reservations are required for in-person classes. Limit one class per room per day.
Reservations open 3 days in advanced at the time of class, on-line or by calling the Y.
Drop-in spots are available only if class isn't full.

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.

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

No-showing or cancelling a reservation less than one hour before class, three or more times in a 14 day period, will result in you being restricted from reserving classes for 7 days, automatically through our reservation system.

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.

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



YOGA & PILATES

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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 BECK CENTER	*Core Yoga Megan 9am	Taiji Erica 9:15am BECK CENTER	*Core Pilates Stephanie S. 9am	*Gentle Yoga Cintamani 10:30am
*Gentle Yoga Amber A. 10:30am	*Gentle Yoga Brynne 10:30am	*Gentle Yoga Stephanie S. 10:30am	*Gentle Yoga Amber A. 10:30am	*Gentle Yoga Cintamani 10:30am	Sunday
			Gentle Yoga VIRTUAL Leah R. 10:30am		Hatha Yoga VIRTUAL Cari Lyn 9:15am
*Gentle Yoga Brynne 12pm	*Gentle Yoga Cintamani 12pm	*Gentle Yoga Stephanie S. 12pm	*Flow Yoga Hollye 12pm	*Gentle Yoga Cintamani 12pm	*Flow Yoga Anders 9:15am
*Gentle Yoga Cintamani 4:15pm	*MELT Anne 4:15pm	*Gentle Yoga Cintamani 4:15pm	*Gentle Yogalates Stephanie T. 4:15pm		
*Flow Yoga Cintamani 5:30pm	*Hatha Yoga Anders 5:30pm	*Flow Yoga Cintamani 5:30pm	*Hatha Yoga Anders 5:30pm (75min.)	*Yin Yoga Susan 5:30pm	
*Yin Yoga Cintamani 6:45pm	*Vinyasa Restore Megan 6:45pm (75min.)	*Yin Yoga Cintamani 6:45pm	Vinyasa Restore VIRTUAL Megan 5:30pm		

Reservations are required for in-person classes. Limit one class per room per day.
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Drop-in spots are available only if class isn't full.

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

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