



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IN-PERSON CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Strength 7:45am with Stephanie	Adult Aikido 6:15am with Kit & Darren	*Core Pilates 7:30am with Stephanie	Adult Aikido 6:15am with Kit & Darren	R.I.P.P.E.D.™ 7:30am with Meredith		Movement Center Classes
*Core Pilates 9:00am with Stephanie	*Hatha Yoga 8:00am with Amber L.	Y Sculpt 8:00am with Shelly	*Hatha Yoga 8:00am with Amber L.		*Kundalini Yoga 8:00am with Judy	
Barre 9:00am with Amber A.	Fusion Fit 9:00am with Jennifer	*Core Yoga 9:00am with Amber L.	*PiYo™ 9:00am with Brynne	*Core Pilates 9:00am with Stephanie	*Gentle Yoga 9:15am with Susan	Outdoor Studio Classes
Strong & Balanced 10:30am with Doug	Strength & Stretch 10:30am with Jenny	Strong & Balanced 10:30am with Doug	Strength & Stretch 10:30am with Steph	Strong & Balanced 10:30am with Doug	Zumba® 10:30am with Johanna	Basketball Gym Classes
*Gentle Yoga 12:00pm with Brynne	*Gentle Yoga 12:00pm with Cintamani	Core & Stretch 12:00pm with Coy	*Gentle Yoga 10:30am with Brynne	*PiYo™ 12:00pm with Julia	Core & Stretch 10:30am with Coy	(*) Bring your Yoga Mat
Chair Fitness 2:30pm with Kate		Chair Fitness 2:30pm with Brynne	*Flow Yoga 12:00pm with Hollye			
*Gentle Yoga 4:15pm with Cintamani	Boot Camp 12:00pm with Kim		Boot Camp 12:00pm with Steph			Classes with less than 3 registered participants 90min. prior to class will be cancelled.
Mix-it 4:15pm with Sheila	*Hatha Yoga 5:30pm with Anders		*Hatha Yoga 5:30pm with Anders			
*Flow Yoga 5:30pm with Cintamani	Cardio Dance 5:30pm with Jackie	*Yin Yoga 5:30pm with Cintamani		*Yin Yoga 5:30pm with Susan		

Check the App or Website for the most up-to-date information regarding classes and subs.
Reservations open at 6am, 3 days in advance.

Members who cancel less than 6 hours before their reservation or do not show up for a reservation will be assessed a \$10 fee or be restricted from making reservations for 5 days.

TO CANCEL A RESERVATION, please call the Y at (541) 686-9622 or email membership@eugeneymca.org