



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	*Kundalini Yoga 8:00am with Judy	<p>Classes with less than 3 registered participants 90min. prior to class will be cancelled.</p> <p>Reservations open at 6am, 3 days in advance</p> <div>Outdoor Studio</div> <div>Movement Center</div> <p>(*) Bring your Yoga Mat</p> <p>Check the App or Website for the most up-to-date information regarding classes and subs</p>
	*Hatha Yoga 8:00am with Amber L.	Y Sculpt 8:00am with Shelly	*Hatha Yoga 8:00am with Amber L.		*Gentle Yoga 9:15am with Susan	
*Core Pilates 9:00am with Stephanie		Strong & Balanced 9:30am with Jenny	*Gentle Yoga 10:30am with Brynne		Zumba@ 10:30am with Johanna	
Strong & Balanced 10:30am with Doug	Strength & Stretch 10:30am with Jenny	Strong & Balanced 10:45am with Doug	Strength & Stretch 10:30am with Steph	Strong & Balanced 10:30am with Doug	Core & Stretch 10:30am with Coy	
Strong & Balanced 11:45am with Jenny	*Gentle Yoga 12:00pm with Cintamani	Core & Stretch 12:00pm with Coy	*Flow Yoga 12:00pm with Hollye	Strong & Balanced 11:45am with Coy		
	Boot Camp 12:15pm with Kim		Boot Camp 12:15pm with Steph	PiYo™ 12:00pm with Julia		
*Gentle Yoga 4:15pm with Cintamani						
*Flow Yoga 5:30pm with Cintamani	*Hatha Yoga 5:30pm with Anders	*Yin Yoga 5:30pm with Cintamani	*Hatha Yoga 5:30pm with Anders			
	Cardio Dance 5:30pm with Jackie					

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