



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Movement Center and Outdoor Studio Classes

Monday July 5	Tuesday July 6	Wednesday July 7	Thursday July 8	Friday July 9	Saturday July 10	Sunday July 11
The Y is Closed on July 5th in observance of Independence Day	Adult Aikido 6:15am with Kit & Darren		Adult Aikido 6:15am with Kit & Darren	R.I.P.P.E.D.™ 7:30am with Meredith		The Y is now open on Sundays 9am-2pm
		Y Sculpt 8:00am with Shelly				
	Fusion Fit 9:00am with Jennifer		*PiYo™ 9:00am with Brynne		Zumba® 9:00am with Johanna	Movement Center Classes
	Strength & Stretch 10:30am with Jenny	Strong & Balanced 10:30am with Doug	Strength & Stretch 10:30am with Steph	Strong & Balanced 10:30am with Doug	Core & Stretch 10:30am with Coy	
	Boot Camp 12:00pm with Kim		Boot Camp 12:00pm with Steph	*PiYo™ 12:00pm with Julia		(*) Bring your Yoga Mat Classes with less than 3 registered participants 90min. prior to class will be cancelled.
		Chair Fitness 2:30pm with Brynne				
		Mix-it 4:30pm with Sheila	Turbo Kick 4:30pm with Amanda			
	Cardio Dance 5:30pm with Jackie					

Check the App or Website for the most up-to-date information regarding classes and subs.

Reservations open at 6am, 3 days in advance.

TO CANCEL A RESERVATION, please call the Y at (541) 686-9622 or

email membership@euqenymca.org

(7/2/21)



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Meading Room Classes

Monday July 5	Tuesday July 6	Wednesday July 7	Thursday July 8	Friday July 9	Saturday July 10	Sunday July 11
The Y is Closed on July 5th in observance of Independence Day		*Core Pilates 7:30am with Stephanie				The Y is now open on Sundays 9am-2pm <div style="border: 2px solid black; border-radius: 15px; padding: 5px; display: inline-block;"> Meading Room Classes </div> (*) Bring your Yoga Mat Classes with less than 3 registered participants 90min. prior to class will be cancelled.
	*Hatha Yoga 8:00am with Amber L.		*Hatha Yoga 8:00am with Amber L.		*Kundalini Yoga 8:00am with Judy	
	Taiji 9:15am with Erica	*Core Yoga 9:00am with Amber L.	Taiji 9:15am with Erica	*Core Pilates 9:00am with Stephanie	*Gentle Yoga 9:15am with Susan	
	*Gentle Yoga 12:00pm with Cintamani		*Gentle Yoga 10:30am with Brynne			
			*Flow Yoga 12:00pm with Hollye	*MELT 12:00pm with Anne		
	*MELT 4:15pm with Anne					
	*Hatha Yoga 5:30pm with Anders	*Yin Yoga 5:30pm with Cintamani	*Hatha Yoga 5:30pm with Anders	*Yin Yoga 5:30pm with Susan		

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