



ADULT GROUP EXERCISE SCHEDULE

March 5th-May 31st, 2018



START TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 - 6:00am	5:15-6:15 STT Studio - Courtney	5:30-6:30 SPIN Upstairs - Darcy / Eva	5:15-6:15 Bootcamp Studio - Molly	5:30-6:30 SPIN Upstairs- Darcy / Eva	5:15-6:15 STT Studio - Courtney		
6:00 - 7:00am	Adult Basketball Gym - Pick-Up Play 6:30-7:15 Sun Salutations Yoga Studio - Tiffany		Adult Basketball Gym - Pick-Up Play 6:30-7:15 Sun Salutations Yoga Studio - Tiffany		Adult Basketball Gym - Pick-Up Play 6:30-7:15 Sun Salutations Yoga Studio - Tiffany		
7:00 - 8:00am	7:15-8:15 On The Ball Studio - Darcy		7:15-8:15 On The Ball Studio - Darcy		7:15-8:15 On The Ball Studio - Darcy		
8:00 - 9:00am	8:30-9:30 Step & Sculpt Gym - Jennifer 8:30-9:30 Beginner's Tai Chi / Moving for Better Balance Studio - Kelly / Thea	8:00-8:30 Moving For Better Health Qi Gong Studio - Michelle 8:30-9:30 Zumba Gym - Jennifer	8:30-9:30 Step & Sculpt Gym - Jennifer 8:30-9:30 Beginner's Tai Chi / Moving for Better Balance Studio - Kelly / Thea	8:00-8:30 Moving For Better Health Qi Gong Studio - Michelle 8:30-9:30 Zumba Gym - Jennifer	8:30-9:30 Step & Sculpt Gym - Jennifer 8:30-9:30 Beginner's Tai Chi / Moving for Better Balance Studio - Phil / Thea	8:30-9:30 Zumba Studio - Neri	
9:00 - 10:00am	Tai Chi Studio - Kelly / Thea	Gentle Yoga Studio - Thea 9:45-10:45 STT South Gym - Galena	Tai Chi Studio - Kelly / Thea	Gentle Yoga Studio - Thea 9:45-10:45 STT South Gym - Galena	Tai Chi Studio - Kelly / Thea		
10:00 - 11:00am	Enhanced Fitness Gym - Kelly 10:30-11:30 Level 1 Yoga Studio - Thea	Cycling Upstairs - Lori	Enhanced Fitness Gym - Kelly 10:30-11:30 Level 1 Yoga Studio - Thea	Cycling Upstairs - Lori	Enhanced Fitness Gym - Kelly 10:30-11:30 Level 1 Yoga Studio - Thea	STT Studio - Galena	
11:00 - 12:00pm	11:30-1:00 Pickleball Gym - Pick-Up Play 12:15-1:15 STT Studio - Darcy		11:30-1:00 Pickleball Gym - Pick-Up Play 12:15-1:15 Bootcamp Studio - Darcy		11:30-1:00 Pickleball Gym - Pick-Up Play 12:15-1:15 STT Studio - Kelly		
1:00 - 2:00pm		1:00-2:30 Beginner's Tai Chi / Moving for Better Balance Studio - Sherryl		1:00-2:30 Beginner's Tai Chi / Moving for Better Balance Studio - Sherryl			
3:00 - 4:00pm			3:45-4:45 Free your Mind Studio - Yvonne		3:45-4:45 Free your Mind Studio - Yvonne	Zumba Studio - Ahndrea	Zumba Studio - Ahndrea
5:00 - 6:00pm	5:45-6:45 Zumba Gym - Jeannie	5:45-6:45 Zumba Studio - Neri	5:00-6:30 Tae Kwon Do Studio - Wendy 5:45-6:45 Zumba Gym - Jeannie	5:30-6:30 Vinyasa Flow Yoga Studio - Tiffany	5:00-6:30 Tae Kwon Do Studio - Wendy		
6:00 - 7:00pm	Spin Max Upstairs - Tim		Spin Max Upstairs - Tim	6:30-7:30 Zumba Studio - Neri	6:30-7:30 Zumba Studio - Neri		
7:00 - 8:00pm	7:00-9:00 Adult Volleyball Gym - Pick-Up Play		7:00-9:00 Adult Volleyball Gym - Pick-Up Play		7:00-9:00 Adult Indoor Soccer Gym - Pick-Up Play		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.

Monday - Friday: 5:00am - 9:00pm

Saturday: 7:00am - 5:00pm

Sunday: 12:00pm - 5:00pm

610 Stillwell Ave
Tillamook, OR 97141
(503)842-9622

Follow us on Facebook for future updates



www.tillamookymca.org



Class Descriptions Tillamook County Family YMCA



Adult Basketball – The legendary Dr. James Naismith developed the sport in 1891 at a YMCA in Massachusetts. All skill levels are welcome for pick-up play.

Adult Indoor Soccer – Start your weekend off right with competitive indoor soccer pick-up games. Be ready to get your cardio in as this group moves fast!

Adult Pickleball – Join one of the fastest growing sports in America! Developed in 1965 on Bainbridge Island (in Washington state) it is now popular across the nation. Easy to learn and fun to play!

Adult Volleyball – Invented by in 1895 by William G. Morgan, a YMCA employee! Continue the tradition with competitive pick-up games. Designated courts for intermediate or advanced play.

Beginners Tai Chi/Moving for Better Balance – Tai Chi: Moving for Better Balance was developed by a team of researchers at the Oregon Research Institute. The program uses eight forms that have been derived from the traditional 24-form Yang-style Tai Chi, and progresses from easy to difficult.

Bootcamp – Cardio and toning in athletic style workout that will incorporate one or more of the following: weights, bands, steps, kettles, medicine balls, drills, obstacles, HIIT and tabata style formats. Class can be modified to fit your ability.

Enhance Fitness/Fit n' Fabulous – Focus on dynamic cardiovascular exercise, strength training, balance and flexibility. This class is suitable for those new to exercising.

Free Your Mind – Designed to move your body, stretch and strengthen in the way the music makes you feel. When you do it in your own way it can never be wrong. No complicated choreography, instead, you're given the basics and then it's up to you to make each movement your own. Not coordinated? Not a dancer? No rhythm? That is ok, tune in to the music, be kind to yourself and have fun.

Gentle Yoga – Improve flexibility, strength, balance and mind/body function. Explore the basic elements of yoga, and supported posture. By improving deep core muscle and freeing the shoulders, hips and spine. The class provides freedom in movement.

Moving for Better Health/Qi Gong – Qi Gong is an ancient practice of postures and slow movements which has been shown to improve vitality and health, even reducing hypertension and chronic pain. This class focuses on breathing, stance, mind intent and movement for flow of energy.

On the Ball – This class is designed to improve strength and endurance of your core and back. We'll also focus on balance and stability while working with the ball and weights.

Spin – Instructor guided bike workout takes participants through warm-up, cardio, sprints, climbs, and cool-down. Space is limited so arrive to class early to get your seat!

Spin Max – This class challenges your cardio and strength. 5 minute spin warmup, 16 minute intense body work, 5 minute cool down, 16 minute intense spin, 10 minute cool down on bike, and stretch.

Step & Sculpt – Achieve total body fitness with aerobic and strength training exercises using floor, step, weights, bands and ball to increase cardiovascular endurance and overall body conditioning, Modifications for all fitness levels.

Strength Train Together (STT) – This class will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight. This workout combines squats, lunges, presses and curls with functional integrated exercises.

Sun Salutations Yoga – We will move thru variations of Surya Namaskara or sun salutation. It's a set of 12 yoga asanas which bring your body, breath and mind together. When performed in the morning, it revitalizes our body and refreshes the mind.

Tae Kwon Do – Korean sport that focuses on hand and kicking technique and includes "hyungs" similar to katas in karate. Kicking drills and non-contact sparring complete the experience. Work at your own intensity level and come get your "kicks" with us.

Tai Chi – In addition to the recognized physiological and cognitive benefits of the practice of Tai Chi, this class also improves strength and coordination. Movements involve weight-bearing and non-weight bearing stances as well as proper body alignment.

Vinyasa Flow Yoga – In this class you will synchronize breath with movement. With a focus on linking conscious breath with a mindful flow, the poses run together and become like a dance to awaken strength, energy, and flexibility in a fun atmosphere.

Yoga Level 1 – The heart of this class is to increase strength, flexibility, and balance of body and mind by applying the principles of yoga. The class focus is on freedom in the spine and developing core strength.

Zumba – Learn basic dance moves while burning stress and calories in this fun, welcoming group fitness class. Low to high intensity and great for all fitness levels.