



GROUP FITNESS SCHEDULE

NOVEMBER 2024

SCHEDULE KEY
 \$ - PAID PROGRAM
 * - NEW CLASS
 ∞ - CLASS FULL



CLASSES ARE ALL SUBJECT TO CHANGE WITHOUT NOTICE						STUDIO ONE		BAKER COUNTY YMCA FITNESS CENTER 3175 POCAHONTAS RD BAKER CITY, OR, 97814	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
PICKLEBALL AVAILABLE IN-BETWEEN CLASSES			TOTAL BODY BLAST (KIM Z & DAISY) 5:05-5:50 AM						
	YOGA (TERESA) 6:00 - 6:45 AM		YOGA (TERESA) 6:00 - 6:45 AM		POWER PUMP (JEN) 8:00-8:50 AM				
ZUMBA (ELISSA) 8:30-9:30 AM	TOTAL BODY BLAST/HIIT (ANNIE) 8:30-9:15 AM	ZUMBA (ELISSA) 8:30-9:30 AM	TOTAL BODY BLAST/HIIT (ANNIE) 8:30-9:15 AM	ZUMBA (ELISSA) 8:30-9:30 AM	YOGA (ROBERT) 9:00 AM - 10:00 AM				
∞ ENHANCE FITNESS SILVER & FIT (KATHY) 10:00 - 11:00 AM	GENTLE YOGA FLOW (LAURA) 9:30-10:30 AM	∞ ENHANCE FITNESS SILVER & FIT (KATHY) 10:00 - 11:00 AM	GENTLE YOGA FLOW (LAURA) 9:30-10:30 AM	∞ ENHANCE FITNESS SILVER & FIT (KATHY) 10:00 - 11:00 AM	KID ZONE HOURS MONDAY-FRIDAY 8:00-11:00 AM MONDAY - THURSDAY 4:00-7:00 PM SATURDAY 9:00 AM -2:00 PM				
	ADVANCED TAI CHI (LEO) 11:00 AM - 12:00 PM		ADVANCED TAI CHI (LEO) 11:00 AM - 12:00 PM						
* ENTRY LEVEL ENHANCE FITNESS SILVER & FIT (KATHY) 12:30 - 1:30 PM	INTERMEDIATE TAI CHI (LEO) 12:00 PM - 1:00 PM	* ENTRY LEVEL ENHANCE FITNESS SILVER & FIT (KATHY) 12:30 - 1:30 PM	INTERMEDIATE TAI CHI (LEO) 12:00 PM - 1:00 PM	* ENTRY LEVEL ENHANCE FITNESS SILVER & FIT (KATHY) 12:30 - 1:30 PM					
	BEGINNING TAI CHI (LEO) 1:00 -1:30 PM		BEGINNING TAI CHI (LEO) 1:00 -1:30 PM		WELCOME CENTER HOURS MONDAY-FRIDAY 8:00 AM -8:00 PM FRIDAY 8:00 AM -5:00 PM SATURDAY 9:00 AM -2:00 PM				
QUESTIONS? CONTACT OUR FITNESS COORDINATOR, JUSTINE AT HEALTH.WELLNESS@ BAKERYMCA.ORG	CARDIO PARTY (WHITNEY) 4:40 - 5:25 PM			* ROCK & RESET (DAISY) 5:00-6:00 PM					
	\$ KARATE (JENNIE) 5:30-7:00 PM	* WIND DOWN YOGA (SARAH) 5:30 -6:30 PM	\$ KARATE (JENNIE) 5:30-7:00 PM						

CYCLE STUDIO				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CYCLING (KIM) 5:00-6:00 AM		CYCLING (KIM) 5:00-6:00 AM		CYCLING (KIM) 5:00-6:00 AM
		* ALL LEVEL CYCLING (LEIA) 6:30-7:15 AM		
	CYCLING (MIKE) 4:00 -5:00 PM		CYCLING (MIKE) 4:00 -5:00 PM	

STUDIO TWO			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	TRX (KIM Z) 5:05-5:50 AM		
* RESTORATIVE YOGA (LAURA) 9:30-10:45 AM	* CIRCUIT TRAINING (KATHY) 10:00 - 11:00 AM		* CIRCUIT TRAINING (KATHY) 10:00 - 11:00 AM
	* BALANCE & MOBILITY (CHERI) 11:15 -12:15 PM		