



GROUP FITNESS – Winter 2023

Classes in the Movement Center

Jan. 2 – March 26

2055 Patterson Street

Eugene, OR 97405

541 686 9622

Website – eugeneymca.org

Virtual– eugeneymca.y.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boot Camp Jenny 6:15am	*WARRIOR Rhythm Meredith 6:15am (45min.)	Boot Camp Jenny 6:15am	R.I.P.P.E.D.™ Meredith 6:15am		
Cardio Strength Stephanie S. 7:45am				Boot Camp Cameron 7:45am	
Barre Amber A. 9am	*Piyo™ Brynne 9am	Body Sculpt Stephanie S. 9am	Fusion Fit Jennifer 9am	Cardio Dance Jackie 9am	Y Sculpt Shelly 9am
**Low Impact Aerobics Kari / Lara 10:15am	**Strength & Stretch Kim 10:15am	**Low Impact Aerobics Kari 10:15am	**Strength & Stretch Jenny 10:15am	**Low Impact Aerobics TBA 10:15am	Saturday Variety Varies 10:30am
**Strong & Balanced Doug 11:45am	Boot Camp Kim 12pm	**Strong & Balanced Doug 11:45am	Boot Camp Kim 12pm	**Strong & Balanced Doug 11:45am	
U Can Gym in the HWC Jenny 12–2pm		U Can Gym in the HWC Jenny 12–2pm		U Can Gym in the HWC Nate 12–2pm	Sunday
Reclaim Fit TBA 1:15pm (45min.)		Reclaim Fit Sally 1:15pm (45min.)			WARRIOR Strength Lara 9:30am
**Chair Fitness Kate 2:45pm	Room Reserved 2–3:30pm	**Chair Fitness Brynne 2:45pm	Room Reserved 2–3:30pm	**Chair Fitness Kate/TBA 2:45pm	
Mix-it Sheila 4:30pm	Turbo Kick® Amanda 4:30pm	Mix-it Sheila 4:30pm			HIGH Fitness Amber 12pm
Step Aerobics Emily 5:45pm	Cardio Dance Jackie 5:45pm	*YoBata Raina 5:45pm	Cardio Fuse Talía 5:45pm		

Reservations are required for in-person classes

Reservations open 3 days and 1 hour in advanced at the time of class

Make reservations on the schedules page of our website or through the Y Universal App

Drop-in spots are available only if class isn't full.

For your safety, it is recommended you consult your physician prior to starting any exercise program.

Classes are for ages 15 and up. Check with the class instructor for exceptions.

Other than mat-based classes, **closed toe shoes must be worn** in the Movement Center.

We recommend arriving at least **five minutes before class** to allow for room set-up and for you and others to settle in.

Arriving late to class may result in your spot being filled by a drop-in, or you being marked as a no-show.

***Bring your yoga mat**

****These classes are geared toward active older adults; however, all ages are welcome.**

The Y will be closed on:

Monday, January 16 for Martin Luther King Jr. Day

Please note that all schedules are subject to change. Download the YMCA Universal app or visit our website for the most up-to date schedules.

Main Facility Hours: M – TH 5:30am – 9pm Fri 5:30am – 7pm Sat 6am – 4pm Sun 9am – 4pm



YOGA & PILATES

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Sunrise Yoga Melissa 6:15am	Aikido Kit / Darren 6:15am		Aikido Kit / Darren 6:15am	*Sunrise Yoga Melissa 6:15am	*Hatha Yoga Cintamani 8am
*Meditation & Movement Sarah 7:30am	*Hatha Yoga Amber L. 8am	*Core Pilates Stephanie S. 7:30am	*Hatha Yoga Amber L. 8am		*Gentle Yoga Susan 9:15am
*Core Pilates Stephanie S. 9am	Taiji Erica 9:15am	*Core Yoga Cintamani 9am	Taiji Erica 9:15am	*Core Pilates Stephanie S. 9am	*Vinyasa Kayla 10:30am
*Gentle Yoga Amber A. 10:30am	BECK CENTER *Gentle Yoga Brynne 10:30am	*Gentle Yoga Stephanie S. 10:30am	BECK CENTER *Gentle Yoga Kayla 10:30am	*Gentle Yoga Cintamani 10:30am	Sunday
*Gentle Yoga Brynne 12pm	*Gentle Yoga Cintamani 12pm	*Gentle Yoga Stephanie S. 12pm	*Flow Yoga Hollye 12pm	*Gentle Yoga Cintamani 12pm	
*Gentle Yoga Cintamani 4:15pm	*Meditation & Movement Sarah 4:15pm	*Gentle Yoga Cintamani 4:15pm	*Gentle Yoga Amber A. 4:15pm		
*Flow Yoga Cintamani 5:30pm	*Hatha Yoga Anders 5:30pm	*Flow Yoga Cintamani 5:30pm	*Hatha Yoga Anders 5:30pm (75min.)	*Yin Yoga Susan 5:30pm	
*Yin Yoga Cintamani 6:45pm	*Vinyasa Restore Kayla 6:45pm (75min.)	*Yin Yoga Cintamani 6:45pm			

Reservations are required for in-person classes.

Reservations 3 days and 1 hour in advanced.

Make reservations on the schedules page of our website or through the Y Universal App

Drop-in spots are available only if class isn't full.

Max class size varies based on class type and equipment needs.

VIRTUAL Classes are found on our Virtual Hub, www.eugeneymca.y.org

For your safety, it is recommended you consult your physician prior to starting any exercise program.

Classes are for ages 15 and up. Check with the class instructor for exceptions.

We recommend arriving at least **five minutes before class** to allow for room set-up and for you and others to settle in.

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***Bring your yoga mat**

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