



# GROUP FITNESS SCHEDULE

## DECEMBER

THE YMCA OF KLAMATH FALLS 1221 S Alameda Ave, Klamath Falls, OR 97603 P: 541.884.4149 [kfallsymca.org](http://kfallsymca.org)

DAY	TIME	CLASS	INSTRUCTOR	LOCATION
MONDAY	7:00–8:55 AM	Pickleball	Drop-In	Gym
	8:00–9:00 AM	Zumba	Elena	Studio A
	9:00–9:55 AM	Strong Plus	Elena	Studio A
	9:05–10:00 AM	Tai Chi for Beginners	Andrew	Gym
	10:10–11:00 AM	Qi Gong	Andrew	Studio A
	11:00–11:30 AM	Tai Chi Advanced	Andrew	Studio A
	12:00–12:45 PM	Pilates	Lee	Studio A
	4:30–5:30 PM	Beginner Flow Yoga	Jasmine	Studio A
	4:30–5:30 PM	Beginner Boxing (Age 8–Middle School)	Scott	Boxing Area Upstairs
	5:30–6:30 PM	Beginner Boxing (High School–Adult)	Scott	Boxing Area Upstairs
	5:30–6:30 PM	Intermediate Strength & Conditioning	Simon	Studio A/Gym
	6:30–7:30 PM	Zumba	Elena	Studio A
TUESDAY	5:45–6:50 AM	Strong Plus	Elena	Studio A
	8:00–10:00 AM	Pickleball	Drop-In	Gym
	8:15–9:00 AM	Morning Vibez	Marie	Studio A
	9:00–9:55 AM	Strength Training	Andreana	Studio A/Gym
	10:00–11:00 AM	Yoga	Linda	Studio A
	4:00–5:00 PM	Beginners Strength & Conditioning	Simon	Studio A/Gym
	5:00–6:30 PM	Karate Shotokan	Olga	Studio A
	5:15–6:15 PM	Spin	Judi	Studio B
	6:30–7:30 PM	Vibez Dance Fitness	Keana	Studio A
WEDNESDAY	8:15–9:00 AM	StepNDance	Andreana	Studio A/Gym
	9:00–10:00 AM	Advanced Strength & Conditioning	Simon	Gym
	9:05–10:00 AM	Tai Chi for Beginners	Andrew	Studio A
	10:10–11:00 AM	Qi Gong	Andrew	Studio A
	11:00–11:30 AM	Tai Chi Advanced	Andrew	Studio A
	12:00–12:45 PM	Pilates	Lee	Studio A
	4:30–5:30 PM	Beginner Flow Yoga	Jasmine	Studio A
	5:30–6:30 PM	Intermediate Strength & Conditioning	Simon	Studio A/Gym
	6:00–7:00 PM	Boxercise	Keri	Boxing Area Upstairs
	6:30–7:30 PM	Zumba	Elena	Studio A



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DAY	TIME	CLASS	INSTRUCTOR	LOCATION
THURSDAY	5:45-6:50 AM	Strong Plus	Elena	Studio A
	8:00-10:00 AM	Pickleball	Drop-In	Gym
	8:15-9:00 AM	Morning Vibez	Marie	Studio A
	9:00-9:55 AM	Strength Training	Andreana	Studio A/Gym
	10:00-11:00 AM	Yoga	Linda	Studio A
	5:00-6:00 PM	Balance And Core	Simon	Studio B
	5:00-6:30 PM	Karate Shotokan	Olga	Studio A
	6:30-7:30 PM	Battleground Boxing	Juan	Boxing Room
	6:30-7:30 PM	Vibez Dance Fitness	Keana	Studio A
FRIDAY	5:45-6:50 AM	Strong Plus	Elena	Studio A
	8:00-10:00 AM	Pickleball	Drop-In	Gym
	8:15-9:00 AM	StepNDance	Andreana	Studio A/Gym
	9:00-10:00 AM	Intermediate Strength & Conditioning	Simon	Studio A/Gym
	10:10-11:00 AM	Qi Gong	Andrew	Studio A
	11:00-11:30 AM	Tai Chi Advanced	Andrew	Studio A
	5:00-6:00 PM	Electric Cardio Blast	Katie	Studio A
	5:15-6:15 PM	Spin	Judi	Studio B
SATURDAY	8:00-10:00 AM	Pickleball	Drop-In	Gym

PLEASE NOTE: Y fitness classes may be cancelled without notice due to lack of participation. For a class to remain on the schedule, it must average (5) participants per class. If there are less than (5) participants in a given class, the instructor may elect to cancel for that session.

### BUILDING HOURS:

Monday-Friday:  
5:00 am-8:00 pm

Saturday:  
8:00 am-5:00 pm

Sunday: CLOSED

Discover the freedom of working out on  
your schedule. With 24-hour access, the  
Y is here for you, day or night!



# CLASS DESCRIPTIONS

**SWEAT  
LEVELS:**

low

medium

high

## Battleground Boxing

This advanced Olympic-style boxing class will provide participants with the skills to compete or for those who are seeking a full-body workout that combines boxing with strength and endurance training.

## Beginners Boxing

High interval training, teaching the fundamentals of boxing. Ages 8 and up. Join coach Scott for a fun & productive journey into boxing fitness!

## CHILD WATCH HOURS:

Monday-Friday: 8 am-1 pm

Monday-Thursday: 4 pm-7:45 pm

\* may close up to 45 minutes early when no children are in attendance.



## Beginner Flow Yoga

A class aimed for the new yogi, or the yogi that may have taken a long break. We start with stretching, then move into a slow, gentle flow. Students are guided into each pose, and modifications will be offered for students to increase or decrease intensity.

## Bootcamp

Boot camp training is designed to maximize your power and strength, improve your agility, and build your endurance through a series of high-energy stations. May include push-ups, jump rope, squats, wall sits and more!



Looking to take your  
fitness journey to the next level?

## ASK US ABOUT PERSONAL TRAINING!

Y personal trainers can provide the motivation, expertise, & accountability you need to reach your fitness goals. To learn more about available packages or how to get started, visit or call the Welcome Center.

## Karate Shotokan:

The art of Self-Defense without weapons. Gi is optional. Come in comfortable workout clothes. (Ages 5+)

## Pilates:

A system of exercises using special apparatus, designed to improve physical strength, flexibility, and posture, and enhance mental awareness.

## Strength Training/Strength & Conditioning

Physical conditioning (strength and cardio) to help increase strength and endurance. Delivered through a variety of calisthenics (body weight), weights and cardiovascular exercises.

## StepNDance

Dance fitness combined with a bit of step aerobics (Step platform is used on Wednesday's only).

## Strong Plus

Combines body weight, muscle conditioning, cardio and plyometric training moves synchronized to original music that has been specifically designed to match every single move. On Fridays, the class adds some Step Aerobics with weights and dumbbells.

## Tai Chi Advanced:

System of calisthenics, consisting of sequences of slow controlled movements. Consistency is key.

## Tai Chi For Beginners:

Meditative and soulful exercise. Helps improve balance and promotes good posture.

## Qi Gong:

Cultivates "inner energy". Simple and easy to follow movements to establish good techniques to help joint lubrication and flexibility.

## Vibez Dance/Morning Vibez Fitness:

This is some of the most FUN and AMAZING dance fitness that you will find!. Combines a great workout with great music, moves and FUN!. Open to all levels.

## Yoga:

A Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation.

## Zumba:

An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.

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