



# GROUP SUMMER FITNESS SCHEDULE



# July

THE YMCA OF KLAMATH FALLS 1221 S Alameda Ave, Klamath Falls, OR 97603 P: 541.884.4149 kfallsymca.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Zumba</b> (Elena) Studio A 8:00 - 9:00 am	<b>Strong Plus</b> (Elena) Studio A 5:30-6:50 am	<b>StepNDance</b> (Andreana) Studio A/Gym 8:15-9:00 am	<b>Strong Plus</b> (Elena) Studio A 5:30-6:50 am	<b>Strong Plus</b> (Elena) Studio A 5:30-6:50 am
<b>Strong Plus</b> (Elena) Studio A 9:00-9:55 am	<b>Mind Body</b> (Elena) Studio A 7:00 am - 8:00 am	<b>*Advanced Strength &amp; Conditioning</b> (Simon) Gym 9:00-10:00 am	<b>Mind Body</b> (Elena) Studio A 7:00 am - 8:00 am	<b>StepNDance</b> (Andreana) Studio A/Gym 8:15-9:00am
<b>Tai Chi for Beginners</b> (Andrew) Studio B 9:10-10:00 am	<b>Morning VibeZ</b> (Marie) Studio A 8:15-9:00 am	<b>Electro Cardio Balance</b> (Katie) Studio A 9:00 am - 10:00 am	<b>Morning VibeZ</b> (Marie) Studio A 8:15-9:00 am	<b>Beginners Body Sculpt</b> (Katie) Studio A 9:00-10:00 am
<b>Qi Gong</b> (Andrew) Studio A 10:10-11:00 am	<b>Strength Training</b> (Andreana) Studio A/Gym 9:10-9:55 am	<b>Tai Chi for Beginners</b> (Andrew) Studio B 9:10-10:00 am	<b>Strength Training</b> (Andreana) Studio/Gym 9:00-9:55 am	<b>*Intermediate Strength &amp; Conditioning</b> (Simon) Gym 9:00-10:00 am
<b>Tai Chi Advanced</b> (Andrew) Studio B 11:00-11:40 am	<b>Yoga</b> (Linda) Studio A 10:00-11:00 am	<b>Qi Gong</b> (Andrew) Studio A 10:10-11:00 am	<b>Yoga</b> (Linda) Studio A 10:00-11:00 am	<b>Qi Gong</b> (Andrew) Studio A 10:10-11:00 am
<b>Pilates</b> (Lee) Studio A 12:00-12:45 pm	<b>Beginners Strength &amp; Conditioning</b> (Simon) Studio A/Gym 4:00-5:00 pm	<b>Tai Chi Advanced</b> (Andrew) Studio B 11:00-11:30 am	<b>Body Sculpt</b> (Katie) Studio A 4:00pm-5:00 pm	<b>Tai Chi Advanced</b> (Andrew) Studio A 11:00-11:40 am
<b>Beginner Flow Yoga</b> (Tonnie) Studio A 4:30-5:25pm	<b>Karate Shotokan</b> (Olga) Studio A 5:00-6:30 pm	<b>Pilates</b> (Lee) Studio A 12:00-12:45 pm	<b>Core &amp; Stability</b> (Simon) Studio B 5:30-6:30pm	<b>Yoga Strength &amp; Flexibility</b> (Katie) Studio A 12:00-12:50pm
<b>Beginner Boxing</b> Age 8 - Middle School (Scott) Boxing Area Upstairs 4:30-5:30pm	<b>Spin</b> (Judi) Studio B 5:15-6:15pm	<b>Beginner Flow Yoga</b> (Tonnie) Studio A 4:30-5:25pm	<b>Karate Shotokan</b> (Olga) Studio A 5:00-6:30 pm	<b>SATURDAY</b>
<b>Beginner Boxing</b> High School - Adult (Scott) Boxing Area Upstairs 5:30-6:30 pm	<b>VibeZ Dance Fitness</b> (Keana) Studio A 6:30-7:30pm	<b>Intermediate Strength &amp; Conditioning</b> (Simon) Studio A/Gym 5:30-6:30 pm	<b>Battleground Boxing</b> (Juan) Boxing Area Upstairs 6:30-7:30 pm	<b>Tai Chi &amp; Relaxation</b> (Andrew) Studio A 10:00-11:00 am
<b>Intermediate Strength &amp; Conditioning</b> (Simon) Studio A/Gym 5:25-6:25 pm		<b>Boxletics</b> (Keri) Boxing Area Upstairs 6:30-7:30 pm	<b>VibeZ Dance Fitness</b> (Keana) Studio A 6:30-7:30 pm	
<b>Zumba</b> (Elena) Studio A 6:30-7:30 pm		<b>Zumba</b> (Elena) Studio A 6:30-7:30 pm		

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

**Pickleball**  
Come play pickleball in our gym on Monday, Tuesday, Thursday & Friday from 8:00 am - 10:00 am, or on Saturday from 9:00 am - 11:00 am.



**BUILDING HOURS:**  
Monday-Friday:  
5:00 am-8:00 pm  
Saturday:  
8:00 am-5:00 pm  
Sunday: CLOSED

# CLASS DESCRIPTIONS

## 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.

### 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!

### Boxletics

Boxletics is a high-energy, non-contact workout that combines boxing-inspired moves with cardio and strength training. Improve your fitness, coordination, and confidence while burning calories and relieving stress—all in a fun, empowering class for all fitness levels.

### 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.

### Beginner Body Sculpt

Learn core movements with weights to build strength throughout the body. Great to begin building strength and build a foundation to start exercising.

### Body Sculpt *NEW!*

Sculpt strong arms, legs and core with the use of weights and floor work. Gain confidence by building balance, strength and definition in the body.

### Electric Cardio Balance

Fun cardio and endurance workout. Build a strong core & stabilize legs for balance. Dance moves that lengthens flexibility.

### Karate Shotokan

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

### Mind Body

This class is designed to assist those with health issues that have health issues, or don't know how to work out at all. This class is a cross between Pilates and Strengthening class, both at a slower pace.

### 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.



Looking to take your fitness journey to the next level?

#### ASK US ABOUT PERSONAL TRAINING!

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.

**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.**

### StepNDance

Dance fitness combined with a bit of step aerobics (Step platform is used on Wednesdays 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. Harmonize your body and center your mind.

### Tai Chi For Beginners

Meditative and soulful exercise. Helps improve balance and promotes good posture. Class requires 10 week commitment at daily practice.

### Tai Chi & Relaxation

Learn Tai Chi and relaxation techniques.

### 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 Strength & Flexibility *NEW!*

Create strong arms, legs and core by holding poses and lengthening muscles. Through proper stretching techniques the body will create happy muscles and aid in injury prevention.

### 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.