

JULY NEWSLETTER

The YMCA of Klamath Falls



Pictured: Kelly Alvarez, Crystal Richardson, and Charlotte Hreha representing the YMCA of Klamath Falls and The YMCA Youth Development Center at the IYS Summer Lunch Kickoff Event on June 24th.

The YMCA is proud to be part of the Summer Food Program for youth up to age 18. Through this program, youth can receive lunch free of charge all summer. For more details, visit our website at www.kfallsymca.org

STAFF SPOTLIGHT

MEET LEANNE MOFFIT

Leanne runs our morning Child Watch and has been with our YMCA for 2 years! Leanne is a pillar of our community here at the Y and a beloved part of our team.

When she's not hanging out with the kiddos in child watch, Leanne enjoys gardening, cooking, reading, and watching sports.



COMMUNITY CONNECTION



The Produce Connection is back at the YMCA for the summer session! Join us at 1221 S Alameda Ave in the parking lot Friday mornings July 11th through November 7th starting at 10:00 AM for fresh produce! Produce is first come-first serve until supplies run out.

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1221 S Alameda Ave, Klamath Falls, OR 97603
541.884.4149 www.kfallsymca.org

PROGRAM HIGHLIGHT: PERSONAL TRAINING

Here at the YMCA of Klamath Falls, we are proud to offer Personal Training to our members who are just starting their fitness journey or who want to take their fitness to the next level. We currently have two certified personal trainers on staff who each have their own areas of expertise.

Our personal training program includes a free 1 hour introductory session with either of our trainers in which you will discuss your fitness goals, experience with fitness, and any other factors that help our trainers get a better picture of who you are and what you hope to get out of the experience.

After the initial discussion, the trainer will take you through a short workout and/or evaluation to gauge your fitness level and give you an idea of what a session will be like. If you choose to purchase a session or session package, the trainer will then curate a personal training plan that they will take you through in each session in order to help you reach your fitness goals.

FAQ'S:

HOW MUCH ARE PERSONAL TRAINING SESSIONS?

Pricing is \$60/individual 60 minute session and \$180/6 session package, 30 minutes each.

I'M NEW TO FITNESS, IS PERSONAL TRAINING FOR ME?

Absolutely! Our knowledgeable personal trainers can provide you with the tools to start your fitness journey off right and will meet you wherever you're at in your journey, no prior experience required!

IS PERSONAL TRAINING JUST ABOUT LIFTING WEIGHTS?

Personal training can include lifting weights, but it is so much more than that! Each personal trainer will tailor their client's workouts to each person's goals and body's abilities. Weight lifting is a form of resistance training and is great for strengthening muscles and bones, but there are other modes of resistance training available which are just as effective, such as resistance bands and cable machines. If you are wary of weight lifting, our personal trainers would be happy to talk with you about alternatives! Weight lifting may be the most widely recognized form of resistance training, but it is far from the only effective way to build muscle!

CAN MY PERSONAL TRAINER GIVE ME NUTRITION ADVICE?

While our personal trainers are knowledgeable in and able to give you general guidelines about nutrition, providing specific nutritional advice such as meal plans, supplement recommendations, and nutritional counseling is outside of their scope of practice. For nutritional advice, please see a Registered Dietician.

MEET OUR PERSONAL TRAINERS!

SIMON PRIDEAUX

Simon has been a personal trainer for 7 years and hails from Penarth, Wales. His fitness journey was kickstarted by being told what his limitations were. He describes the impetus behind it was "being told I could never fully participate in physical activity due to chronic asthma, I got into soccer and decided to take the coaching methods and fitness into a career path."

In addition to being a valuable member of our personal training team, he is also the Fitness/Wellbeing Manager for our branch, overseeing daily operations, programs, and the future of the Wellness department. His favorite mode of exercise is long distance running.

CERTIFICATIONS:

-Level 3 Personal Training Certification

- Advanced Training Techniques
- Group Exercise Certification
- Group Cycling Certification



SIMON'S FITNESS PHILOSOPHY:

"I see fitness as a great way to challenge yourself to achieve things you may not have believed you could - I champion it not only for physical but also mental wellbeing and its ability to be able to share similar passions and goals with others."

CHARLOTTE HREHA

Charlotte has been a personal trainer for a little over 6 months and hails from Medford, Oregon. Her fitness journey was sparked by a lifelong love for movement and an inability to sit still, which led to her to pursue a Bachelor's Degree in Dance. After graduating, the YMCA of Klamath Falls gave her a job in the Wellness department and sponsored her certification as a Personal Trainer. "I am so grateful for this opportunity that the YMCA has given me to further my career goals. I hope to help others in the same way someday and help them believe in themselves like the people at this wonderful branch have done for me." Her favorite mode of exercise is calisthenics/body-weight training.

CERTIFICATIONS:

-NASM Certified Personal Trainer

CHARLOTTE'S FITNESS PHILOSOPHY:

"I believe that fitness is one piece of an intertwined puzzle that makes up a person's individual wellness. I approach fitness from a holistic perspective, taking into account that each person is more than just a body, but a mind, soul, and spirit that is multifaceted and one-of-a-kind."



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GROUP FITNESS SCHEDULE JULY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Zumba (Elena) Studio A 8:00-9:00 am	Strong Plus (Elena) Studio A 5:45-6:50 am	StepNDance (Andrea) Studio A/Gym 8:15-9:00 am	Strong Plus (Elena) Studio A 5:45-6:50 am	Strong Plus (Elena) Studio A 5:45-6:50 am
Strong Plus (Elena) Studio A 9:00-9:55 am	Spin (Elena) Studio B 7:00-8:00 am	Tai Chi for Beginners (Andrew) Studio B 9:10-10:00 am	Spin (Elena) Studio B 7:00-8:00 am	StepNDance (Andrea) Studio A/Gym 8:15-9:00 am
Tai Chi for Beginners (Andrew) Studio B 9:10-10:00 am	Morning Vibez (Mari) Studio A 9:15-9:50 am	Strength & Conditioning (Simon) Studio A/bym 9:15-9:00 am	Morning Vibez (Mari) Studio A 9:15-9:00 am	Pickleball Gym 8:30-10:00 am
Pickleball Gym 8:30-10:00 am	Strength Training (Andrea) Studio A/Gym 9:00-9:55 am	Tai Chi Chih (Andrew) Studio A 10:10-11:00 am	Strength Training (Andrea) Studio A/Gym 9:00-9:55 am	Strength & Conditioning (Simon) Studio A/Gym 9:30-10:00 am
Tai Chi Chih (Andrew) Studio A 10:10-11:00 am	Pickleball Gym 9:00-11:00 am	Tai Chi Advanced (Andrew) Studio A 11:00-11:30 am	Pickleball Gym 9:00-11:00 am	Tai Chi Chih (Andrew) Studio A 10:10-11:00 am
Tai Chi Advanced (Andrew) Studio A 11:00-11:30 am	Yoga (Linda) Studio A 10:00-11:00 am	Pilates (Lee) Studio A 12:00-12:45 pm	Yoga (Linda) Studio A 10:00-11:00 am	Tai Chi Advanced (Andrew) Studio A 11:00-11:30 am
Pilates (Lee) Studio A 12:00-12:45 pm	Beginners Boxing (Scott) Boxing Area Upstairs 3:00-4:00 pm (Kids) 4:00-5:00 pm (Ages 14+)	Beginner Boxing (Jasmine) Studio A 4:30-5:30 pm	Beginners Boxing (Scott) Boxing Area Upstairs 3:00-4:00 pm (Kids) 4:00-5:00 pm (Ages 14+)	Spin (Judi) Studio B 5:15-6:15 pm
Beginner Flow Yoga (Jasmine) Studio A 4:30-5:30 pm	Strength & Conditioning (Simon) Studio A/Gym 3:00-4:00 pm	Strength & Conditioning (Simon) Studio A/Gym 5:30-6:30 pm	Strength & Conditioning (Simon) Studio A/Gym 5:30-6:30 pm	SATURDAY
Strength & Conditioning (Simon) Studio A/Gym 5:30-6:30 pm	Karate Shotokan (Olga) Studio A 5:00-6:30 pm	Zumba (Elena) Studio A 6:30-7:30 pm	Battleground Boxing (Juan) Boxing Room 6:30-7:30 pm	Pickleball Gym 9:00-11:00 am
Zumba (Elena) Studio A 6:30-7:30 pm	Boxing Basics (Ken) Upstairs Boxing Area 6:00-7:00 pm	Vibez Dance Fitness (Keana) Studio A 6:30-7:30 pm	Vibez Dance Fitness (Keana) Studio A 6:30-7:30 pm	
Vibez Dance Fitness (Keana) 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!



BUILDING HOURS:

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

Saturday:
8:00 am-5:00 pm

Sunday: CLOSED

PLEASE NOTE: WE ARE CLOSED JULY 4TH ALL DAY AND JULY 25TH FROM 4 PM TO 8 PM.

UPCOMING EVENTS

THIRD THURSDAY

Find our booth at Third Thursday in downtown Klamath Falls for the two remaining events on Friday, July 18th and Thursday, August 21st at 6 PM!

KICKBACK AT THE Y

Join the YMCA and KBBH for Kickback at the Y - a summer event full of substance-free activities for the youth of Klamath Falls. Activities include soccer circuits on the field, dance and fitness classes, basketball, volleyball, and more!

This event will be held on July 25th, from 4 pm - 8 pm. It is for high-schoolers 14-18 years old. *Participant (or parent/guardian if participant is under 18 years old) must fill out a waiver prior to attending the event.* Scan QR code or visit www.kfallsymca.org under the "Our Y" tab to fill out the "Kickback at the Y Guest Waiver".

Please note that the gym will be closed from 4 pm - 8 pm during this event to all but event participants. We thank you for your understanding.

SUMMER POOL SCHEDULE July 7-August 16 2025

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim 5-6:45 am	1/2: Lap Swim 1/2: Senior Get Along 8-9 am				
POOL MAINTENANCE	Aqua Jogger 9-10 am				
1/2: Lap Swim 1/2: Senior Get Along 7-8 am	Family Swim 10-11:15 am				
Senior Get Along 8-8:45 am	POOL MAINTENANCE				
POOL MAINTENANCE	Water Aerobics 9-10 am	AquaZumba@ 9-10 am	Water Aerobics 9-10 am	AquaZumba@ 9-10 am	*Lap Swim 11:30-1:30 pm
Y Preschool 10-10:45 am	KBBH 10-10:45 am	Y Kids Camp 10-10:45 am	Family Swim 10-10:45 am	Y Kids Camp 10-10:45 am	POOL MAINTENANCE
POOL MAINTENANCE	Water Wellness 11-11:50 am	Swim Lessons 11:00 am-12:05 pm	Water Wellness 11-11:50 am	Swim Lessons 11:00 am-12:05 pm	Water Wellness 11-11:50 am
Water Wellness 11-11:50 am	*Lap Swim 12-1 pm				
*Lap Swim 12-1 pm	AquaZumba@ 1-2 pm	AquaZumba@ 1-2 pm	Water Aerobics 1-2 pm	Water Aerobics 1-2 pm	Water Aerobics 1-2 pm
AquaZumba@ 1-2 pm	Water Aerobics 1-2 pm	Y Kids Camp 2:00-2:45	Family Swim 2-3 pm	Family Swim 2-3 pm	Y Kids Camp 2-2:45
Water Aerobics 1-2 pm	Lap Swim 2-2:45 pm	Family Swim 3:00-3:50 pm	Swim Lessons 3:15-4:20 pm	Swim Lessons 3:15-4:20 pm	POOL MAINTENANCE
Lap Swim 2-2:45 pm	Family Swim 3:00-3:50 pm	Swim Lessons 3:15-4:20 pm	POOL MAINTENANCE	Swim Lessons 4:00-5:30 pm	AI Chi 4:15-5:00 pm
Family Swim 3:00-3:50 pm	Swim Lessons 3:15-4:20 pm	POOL MAINTENANCE	Swim Lessons 4:00-5:30 pm	Open Swim 5:45-7:00 pm	POOL MAINTENANCE
Swim Lessons 3:15-4:20 pm	POOL MAINTENANCE	Swim Lessons 5:30-6:35 pm	Swim Lessons 5:30-6:35 pm	Lap Swim 7:10-7:55 pm	Open Swim 5:45-6:30 pm
POOL MAINTENANCE	Aqua Jogger 4:30-5:30 pm	Aqua Jogger 4:30-5:30 pm	POOL MAINTENANCE	Aqua Bootcamp 6:45-7:45 pm	Lap Swim 6:45-7:45 pm
Aqua Jogger 4:30-5:30 pm	Open Swim 5:45-7:00 pm	Open Swim 5:45-7:00 pm	POOL MAINTENANCE	Aqua Bootcamp 6:45-7:45 pm	Lap Swim 6:45-7:45 pm
Open Swim 5:45-7:00 pm	Swim Lessons 5:30-6:35 pm	Swim Lessons 5:30-6:35 pm	POOL MAINTENANCE		
Swim Lessons 5:30-6:35 pm	POOL MAINTENANCE				

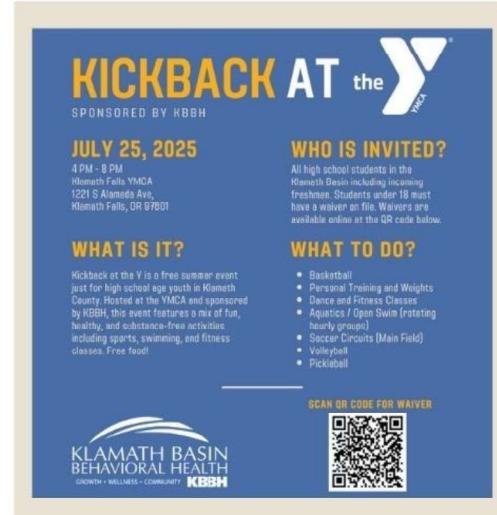
Check out our pool schedule online by following the QR code below:



* NOTE: Tues/Thurs Lap Swim is reserved for people who are 18+ years old and can swim 25 yards or more. No exceptions. There will only be one or two lanes available which must be shared.

**Please note: Facility will be closed July 4th all day and July 25th from 4 pm - 8 pm.

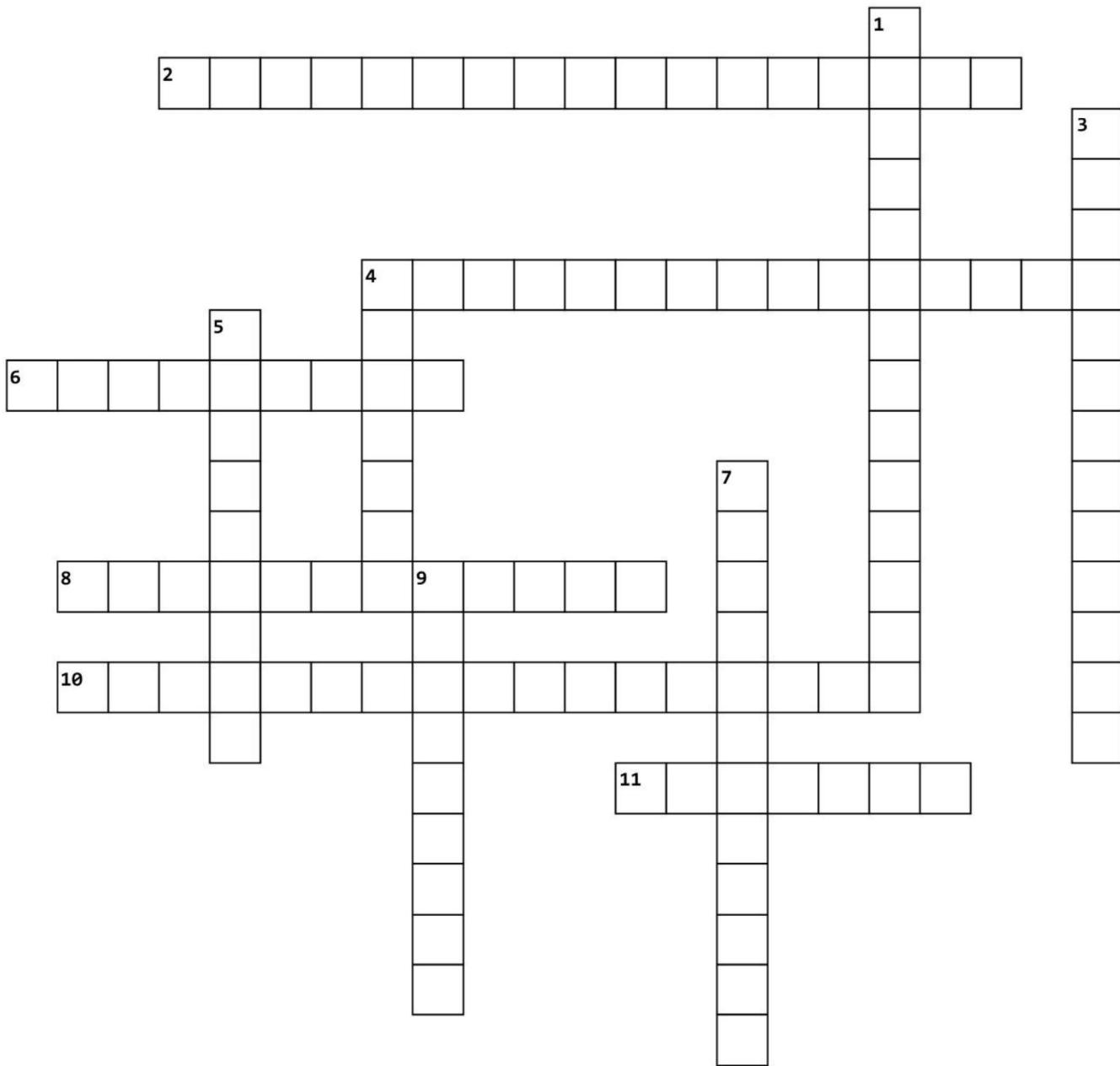
***Tuesday, July 15th and Thursday, July 17th - Aqua Jogger will run from 4:45-5:45 pm due to the Water Polo Summer Camp.



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July Issue



Across

- 2.** YMCA partnership with the Klamath-Lake Counties Food Bank
- 4.** fitness professional
- 6.** Leanne's horticultural hobby
- 8.** body-weight training
- 10.** a personal trainer's credo
- 11.** process of personal growth, my fitness

Down

- 1.** collaboration event between the Y and KBBH
- 3.** downtown K Falls community boozing event
- 4.** Simon's Welsh hometown
- 5.** a holistic state of functioning in a positive way
- 7.** preliminary, an _____ glimpse
- 9.** a specialized area of knowledge