



GROUP FITNESS SCHEDULE

DECEMBER 2024



KEY
 \$-Paid Program
 ∞ -Full Class
 ❄️ -New Class

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 INBETWEEN CLASSES ❄️				❄️		TOTAL BODY BLAST (KIM Z & DAISY) 5:05-5:50 AM				POWER PUMP (JEN) 8:00-8:50 AM							
		YOGA (TERESA) 6:00-6:45 AM				YOGA (TERESA) 6:00-6:45 AM		LATIN DANCE & TONE (CIELO) 10:15-11:15 AM		YOGA (ROBERT) 9:00 AM-10:00 AM							
ZUMBA (ELISSA) 8:30-9:30 AM		TOTAL BODY BLAST/HIIT (ANNIE) 8:30-9:30 AM		ZUMBA (ELISSA) 8:30-9:30 AM		TOTAL BODY BLAST/HIIT (ANNIE) 8:30-9:30 AM		ZUMBA (ELISSA) 8:30-9:30 AM		❄️ LATIN DANCE & TONE (CIELO) 10:15-11:15 AM							
∞ ENHANCE FITNESS (S+F) (KATHY) 10:00-11:00 AM		GENTLE YOGA FLOW (LAURA) 9:30-10:30 AM		∞ ENHANCE FITNESS (S+F) (KATHY) 10:00-11:00 AM		GENTLE YOGA FLOW (LAURA) 9:30-10:30 AM		∞ ENHANCE FITNESS (S+F) (KATHY) 10:00-11:00 AM		<u>KID ZONE HOURS</u> 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 (S+F) (KATHY) 12:30-1:30 PM		INTERMEDIATE TAI CHI (LEO) 12:00 PM-1:00 PM		ENTRY LEVEL ENHANCE FITNESS (S+F) (KATHY) 12:30-1:30 PM		INTERMEDIATE TAI CHI (LEO) 12:00 PM-1:00 PM		ENTRY LEVEL ENHANCE FITNESS (S+F) (KATHY) 12:30-1:30 PM									
❄️		BEGINNING TAI CHI (LEO) 1:00-1:30 PM				BEGINNING TAI CHI 1:00-1:30 PM		❄️		<u>WELCOME CENTER HOURS</u> MONDAY-THURSDAY 8:00 AM-8:00 PM FRIDAY 8:00 AM-5:00 PM SATURDAY 9:00 AM - 2:00 PM							
QUESTIONS? CONTACT OUR HEALTH & WELLNESS DIRECTOR, JUSTINE AT HEALTH.WELLNESS@BAKERYMCA.ORG		CARDIO PARTY (WHITNEY) 4:40-5:25 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 CYCLE (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		