



GROUP FITNESS & STUDIO SCHEDULE

FEBRUARY 2025

KEY
 \$-Paid Program
 ∞ -Full Class
 *- Closed 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		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	
ENTRY LEVEL ENHANCE FITNESS (S+F) (KATHY) 11:30-12:30 PM	ADVANCED TAI CHI (LEO) 11:00 AM-12:00 PM	ENTRY LEVEL ENHANCE FITNESS (S+F) (KATHY) 11:30-12:30 PM	ADVANCED TAI CHI (LEO) 11:00 AM-12:00 PM	ENTRY LEVEL ENHANCE FITNESS (S+F) (KATHY) 11:30-12:30 PM	
 QUESTIONS? CONTACT OUR HEALTH & WELLNESS DIRECTOR, JUSTINE AT HEALTH.WELLNESS@BAKERYMCA.ORG	INTERMEDIATE TAI CHI (LEO) 12:00 PM-1:00 PM		INTERMEDIATE TAI CHI (LEO) 12:00 PM-1:00 PM	KID ZONE HOURS MONDAY-FRIDAY 8:00-11:00 AM MONDAY-THURSDAY 4:00-7:00 PM SATURDAY 9:00 AM - 2:00 PM SUNDAY 11:00 AM - 3:00 PM	WELCOME CENTER HOURS MONDAY-THURSDAY 8:00 AM-8:00 PM FRIDAY 8:00 AM-5:00 PM SATURDAY 9:00 AM - 2:00 PM SUNDAY 11:00 AM - 3:00 PM
	BEGINNING TAI CHI (LEO) 1:00-1:30 PM		BEGINNING TAI CHI 1:00-1:30 PM		
	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
		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	*BELLY DANCING (KATHY) (6:00-7:00 PM)	