



GROUP FITNESS & STUDIO SCHEDULE

JANUARY 2025

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				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		KID ZONE HOURS MONDAY-FRIDAY 8:00-11:00 AM MONDAY - THURSDAY 4:00-7:00 PM SATURDAY 9:00 AM - 2:00 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		ADVANCED TAI CHI (LEO) 11:00 AM-12:00 PM		ENTRY LEVEL ENHANCE FITNESS (S+F) (KATHY) 11:30-12:30 PM									
		INTERMEDIATE TAI CHI (LEO) 12:00 PM-1:00 PM				INTERMEDIATE TAI CHI (LEO) 12:00 PM-1:00 PM											
		BEGINNING TAI CHI (LEO) 1:00-1:30 PM				BEGINNING TAI CHI 1:00-1:30 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							
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					STUDIO TWO												
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
CYCLING (KIM) 5:00-6:00 AM				CYCLING (KIM) 5:00-6:00 AM				CYCLING (KIM) 5:00-6:00 AM				TRX (KIM Z) 5:05-5:50 AM					
				ALL LEVEL CYCLE (LEIA) 6:30-7:15 AM						RESTORATIVE YOGA (LAURA) 9:30-10:45 AM		CIRCUIT TRAINING (KATHY) 10:00-11:00 AM		BELLY DANCING (KATHY) (6:00-7:00 PM) January 8th - Private Class January 22nd - Open Class		CIRCUIT TRAINING (KATHY) 10:00-11:00 AM	
		CYCLING (MIKE) 4:00 -5:00 PM				CYCLING (MIKE) 4:00 -5:00 PM						BALANCE & MOBILITY (CHERI) 11:15-12:15 PM					

