

# HEALTHY LIVING

## GROUP CLASS SCHEDULE



Multipurpose Room @ YMCA of Grants Pass  
February 1st - February 7th

1000 Redwood Avenue  
GRANTS PASS, OR 97527  
(541) 474-0001

	MON 1	TUE 2	WED 3	THU 4	FRI 5	SAT 6	SUN 7
8am		<b>Fitness First</b> Paisley Wortman 8am - 9am	<b>Movement Improvement</b> Elmer & David 8am - 8:30am	<b>Fitness First</b> Paisley Wortman 8am - 9am	<b>Box Master - HIIT MILL Class \$\$</b> Mike Hanks 8:45am - 10am		
			<b>Box Master - HIIT MILL Class \$\$</b> Mike Hanks 8:45am - 10am				
9am		<b>Pilates</b> Teri Gibbs 9:45am - 10:30am		<b>Pilates</b> Teri Gibbs 9:45am - 10:30am			
10am	<b>Movin' n Groovin'</b> Toki Gerson 10am - 11am	<b>Heart &amp; Soles</b> Teri Gibbs 10:30am - 11:30am	<b>Movin' n Groovin'</b> Toki Gerson 10am - 11am	<b>Heart &amp; Soles</b> Teri Gibbs 10:30am - 11:30am	<b>Movin' n Groovin'</b> Toki Gerson 10am - 11am		
11am		<b>Tai Chi</b> Chuck LaTourrette 11:30am - 12:30pm	<b>Vitality Fitness</b> Brandy Walker 11am - 12pm	<b>Tai Chi</b> Chuck LaTourrette 11:30am - 12:30pm	<b>Vitality Fitness</b> Brandy Walker 11am - 12pm		
12pm			<b>Chair Works</b> Jill Swanson 12pm - 12:45pm				
2pm	<b>Boot Camp</b> Glen Wardlaw 2pm - 3pm	<b>Boot Camp</b> Liz Barnes 2pm - 3pm	<b>Boot Camp</b> Glen Wardlaw 2pm - 3pm	<b>Boot Camp</b> Liz Barnes 2pm - 3pm	<b>Boot Camp</b> Glen Wardlaw 2pm - 3pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.