



OCTOBER

GROUP FITNESS SCHEDULE

THE YMCA OF KLAMATH FALLS | 1221 S Alameda Ave. Klamath Falls, OR 97603 | P. 541.884.4149 | kfallsymca.org

MONDAY

Zumba
(Elena) Studio A
8:00 – 9:00 am

Strong Plus
(Elena) Studio A
9:00 – 9:55 am

Tai Chi for Beginners
(Andrew) Studio B
9:10 – 10:00 am

Qi Gong
(Andrew) Studio A
10:10 – 11:00 am

Tai Chi Advanced
(Andrew) Studio B
11:00 – 11:40 am

Pilates
(Lee) Studio A
12:00 – 12:45 pm

Beginner Flow Yoga
(Tonnie) Studio A
4:30 – 5:25 pm

Beginner Boxing
Age 8 - Middle School
(Scott) Boxing Area Upstairs
4:30 – 5:30 pm

Beginner Boxing
High School - Adult
(Scott) Boxing Area Upstairs
5:30 – 6:30 pm

**Intermediate
Strength & Conditioning**
(Simon) Studio A/Gym
5:25 – 6:25 pm

Zumba
(Elena) Studio A
6:30 – 7:30 pm

TUESDAY

Strong Plus
(Elena) Studio A
5:30 – 6:50 am

Mind Body
(Elena) Studio A
7:00 am – 8:00 am

Morning Vibez
(Marie) Studio A
8:15 – 9:00 am

Strength Training
(Andreana) Studio A/Gym
9:10 – 9:55 am

Yoga
(Linda) Studio A
10:00 – 11:00 am

**Beginners
Strength &
Conditioning**
(Simon) Studio A/Gym
4:00 – 5:00 pm

Karate Shotokan
(Olga) Studio A
5:00 – 6:30 pm

Core & Stability
(Simon) Studio B
5:15 – 6:15 pm

Vibez Dance Fitness
(Keana) Studio A
6:30 – 7:30 pm

WEDNESDAY

StepNDance
(Andreana) Studio A/Gym
8:15 – 9:00 am

***Advanced
Strength & Conditioning**
(Simon) Gym
9:00 – 10:00 am

Beginner Body Sculpt
(Katie) Studio A
9:00 am – 10:00 am

Tai Chi for Beginners
(Andrew) Studio B
9:10 – 10:00 am

Qi Gong
(Andrew) Studio A
10:10 – 11:00 am

Tai Chi Advanced
(Andrew) Studio B
11:00 – 11:30 am

Pilates
(Lee) Studio A
12:00 – 12:45 pm

Beginner Flow Yoga
(Tonnie) Studio A
4:30 – 5:25 pm

**Intermediate
Strength & Conditioning**
(Simon) Studio A/Gym
5:30 – 6:30 pm

Boxletics
(Ken) Boxing Area Upstairs
6:30 – 7:30 pm

Zumba
(Elena) Studio A
6:30 – 7:30 pm

THURSDAY

Strong Plus
(Elena) Studio A
5:30 – 6:50 am

Mind Body
(Elena) Studio A
7:00 am – 8:00 am

Morning Vibez
(Marie) Studio A
8:15 – 9:00 am

Strength Training
(Andreana) Studio/Gym
9:00 – 9:55 am

Yoga
(Linda) Studio A
10:00 – 11:00 am

Body Sculpt
(Katie) Studio A
4:00pm – 5:00 pm

Power & Tone
(Simon) Studio B
5:30 – 6:30 pm

Karate Shotokan
(Olga) Studio A
5:00 – 6:30 pm

Battleground Boxing
(Javi) Boxing Area Upstairs
6:30 – 7:30 pm

Vibez Dance Fitness
(Keana) Studio A
6:30 – 7:30 pm

FRIDAY

Strong Plus
(Elena) Studio A
5:30 – 6:50 am

Mind Body
(Elena) Studio A
7:00 – 8:00 am

StepNDance
(Andreana) Studio A/Gym
8:15 – 9:00 am

Beginners Body Sculpt
(Katie) Studio A
9:00 – 10:00 am

***Intermediate Strength &
Conditioning**
(Simon) Gym
9:00 – 10:00 am

Qi Gong
(Andrew) Studio A
10:10 – 11:00 am

Tai Chi Advanced
(Andrew) Studio A
11:00 – 11:40 am

SATURDAY

Tai Chi & Relaxation
(Andrew) Studio A
10:00 – 11:00 am



PICKLEBALL

Come play pickleball in our gym on
Monday, Tuesday, Thursday
7:00 am – 10:00 am
Wednesday, Friday: 7:00am – 9:00am
or on Saturday from
8:00 am – 11:00 am.

BUILDING HOURS:

Monday–Friday:
5:00 am – 8:00 pm
Saturday:
8:00 am – 5:00 pm
Sunday: CLOSED



Discover the freedom
of working out on your
schedule. With 24-hour
access, the Y is here for
you, day or night!



CLASS DESCRIPTIONS

Battleground Boxing

This advanced Olympic-style boxing class will provide participants with the skills to compete or for those who are seeking a full-body workout that combines boxing with strength and endurance training.



Beginner Boxing

High interval training, teaching the fundamentals of boxing. Ages 8 and up. Join coach Scott for a fun & productive journey into boxing fitness!



Beginner Body Sculpt

Learn core movements with weights to build strength throughout the body. Great to begin building strength and build a foundation to start exercising.



Beginner Flow Yoga

A class aimed for the new yogi, or the yogi that may have taken a long break. We start with stretching, then move into a slow, gentle flow. Students are guided into each pose, and modifications will be offered for students to increase or decrease intensity.



Body Sculpt

Sculpt strong arms, legs and core with the use of weights and floor work. Gain confidence by building balance, strength and definition in the body.



Boxletics

Boxletics is a high-energy, non-contact workout that combines boxing-inspired moves with cardio and strength training. Improve your fitness, coordination, and confidence while burning calories and relieving stress—all in a fun, empowering class for all fitness levels.



Karate Shotokan

The art of Self-Defense without weapons. Gi is optional. Come in comfortable workout clothes. (Ages 5+)



Mind Body

This class is designed to assist those with health issues that have health issues, or don't know how to work out at all. This class is a cross between Pilates and Strengthening class, both at a slower pace.



Pilates

A system of exercises using special apparatus, designed to improve physical strength, flexibility, and posture, and enhance mental awareness.



Power & Tone

NEW!

A high-repetition, low weight full-body strength workout that targets all major muscle groups for moderate-advanced fitness levels.



Qi Gong

Cultivates "inner energy". Simple and easy to follow movements to establish good techniques to help joint lubrication and flexibility.



StepNDance

Dance fitness combined with a bit of step aerobics (Step platform is used on Wednesdays only).



Strength Training / Strength & Conditioning

Physical conditioning (strength and cardio) to help increase strength and endurance. Delivered through a variety of calisthenics (body weight), weights and cardiovascular exercises.



Strong Plus

Combines body weight, muscle conditioning, cardio and plyometric training moves synchronized to original music that has been specifically designed to match every single move. On Fridays, the class adds some Step Aerobics with weights and dumbbells.



Tai Chi Advanced

System of calisthenics, consisting of sequences of slow controlled movements. Harmonize your body and center your mind.



Tai Chi for Beginners

Meditative and soulful exercise. Helps improve balance and promotes good posture. Class requires 10 week commitment at daily practice.



Tai Chi & Relaxation

Learn Tai Chi and relaxation techniques.



Vibez Dance / Morning Vibez Fitness

This is some of the most FUN and AMAZING dance fitness that you will find! Combines a great workout with great music, moves and FUN! Open to all levels.



Yoga

A Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation.



Zumba

An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.



CHILD WATCH HOURS:

Monday-Friday: 8 am-1 pm

Monday-Thursday: 4 pm-7:45 pm

*may close up to 45 minutes early when no children are in attendance.