



# Sherwood Regional Family YMCA | September 1st - September 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pool Closed</b> Pool	5:00AM-9:00PM (Pool Schedule)	5:00AM-9:00PM (Pool Schedule)	5:00AM-9:00PM (Pool Schedule)	5:00AM-9:00PM (Pool Schedule)	5:00AM-9:00PM (Pool Schedule)	5:00AM-9:00PM (Pool Schedule)	5:00AM-9:00PM (Pool Schedule)
<b>Circuit</b> Park		8:40AM-9:35AM (Strength) <i>Shelby C.</i>					
<b>REV+FLOW by REFIT®</b> YMCA Parking lot		8:45AM-9:35AM (Cardio & Strength) <i>Marcella J.</i>		8:45AM-9:35AM (Cardio & Strength) <i>Marcella J.</i>			
<b>Pilates</b> Park			8:45AM-9:35AM (Mind & Body) <i>Alison J.</i>		8:45AM-9:35AM (Mind & Body) <i>Alison J.</i>		
<b>BODYPUMP™</b> YMCA Parking lot			9:45AM-10:35AM (Strength) <i>Nina C.</i>				
<b>Tabata Turn Up</b> Park				8:40AM-9:35AM (Cardio) <i>Shelby C.</i>			



## Beaverton Family YMCA | September 1st - September 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Court 1	8:00AM-9:00PM (Gym)	8:00AM-9:00PM (Gym)	8:00AM-9:00PM (Gym)	8:00AM-9:00PM (Gym)	8:00AM-9:00PM (Gym)	9:00AM-1:00PM (Gym)	
<b>REV+FLOW by REFIT®</b> Fitness Center Yellow Studio	9:00AM-9:50AM (Cardio & Strength) <i>Megan R.</i>						
<b>Seniors on Strength</b> Fitness Center Yellow Studio	10:00AM-10:50AM (Strength) <i>Gavin B.</i>	10:00AM-10:50AM (Strength) <i>Rachael P.</i>	10:00AM-10:50AM (Strength) <i>Rachael P.</i>	10:00AM-10:50AM (Strength) <i>Rachael P.</i>	10:00AM-10:50AM (Strength) <i>Megan R.</i>		
<b>Cardio Strength</b> Fitness Center Yellow Studio		9:00AM-9:50AM (Strength) <i>Rachael P.</i>		9:00AM-9:50AM (Strength) <i>Rachael P.</i>			
<b>Open Run Basketball</b> Courts 1&4		11:45AM-1:15PM (Adult Sports)		11:45AM-1:15PM (Adult Sports)			
<b>REV+FLOW by REFIT®</b> Fitness Center Gym (YDC)			9:00AM-9:50AM (Cardio & Strength) <i>Megan R.</i>				
<b>HIIT/Bootcamp</b> YMCA Main Building Mezzanine			9:00AM-9:50AM (Cardio & Strength) <i>Rachael P.</i>				
<b>REFIT®   Dance Fitness</b> Fitness Center Blue Studio				9:00AM-9:50AM (Cardio) <i>Megan R.</i>			



## Clark County Family YMCA | September 1st - September 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Basketball Court A		5:00AM-11:00AM (Gym) <i>N/A</i>  4:00PM-5:30PM (Gym)	5:00AM-8:00AM (Gym) <i>N/A</i>  1:00PM-5:30PM (Gym)	5:00AM-11:00AM (Gym)  4:00PM-5:30PM (Gym)	5:00AM-8:00AM (Gym)  1:00PM-8:00PM (Gym)	7:00AM-9:00AM (Gym)  1:30PM-5:00PM (Gym)	12:00PM-4:00PM (Gym)
<b>Open Gym</b> Auditorium A		5:00AM-11:00AM (Gym) <i>N/A</i>  4:00PM-5:30PM (Gym)	5:00AM-8:00AM (Gym)  1:00PM-5:30PM (Gym)	5:00AM-12:00PM (Gym)  4:00PM-5:30PM (Gym)	5:00AM-8:00AM (Gym)  1:00PM-8:00PM (Gym)	7:00AM-9:00AM (Gym)  1:30PM-5:00PM (Gym)	12:00PM-4:00PM (Gym)
<b>Open Gym</b> Basketball Court B		5:00AM-7:30PM (Gym) <i>N/A</i>	5:00AM-8:00AM (Gym)  1:00PM-7:30PM (Gym)	5:00AM-7:30PM (Gym)	5:00AM-8:00AM (Gym)  1:00PM-8:00PM (Gym)	7:00AM-5:00PM (Gym)	12:00PM-4:00PM (Gym)
<b>Flow Yoga</b> C		9:30AM-10:15AM (Mind & Body) <i>Katy S.</i>				9:45AM-10:45AM (Mind & Body) <i>Marsha M.</i>	
<b>Gentle Strength &amp; Cardio</b> C		10:45AM-11:30AM (Cardio & Strength) <i>Tressa Y.</i>		10:45AM-11:30AM (Cardio & Strength) <i>Tressa Y.</i>			
<b>Adult Pickleball</b> Basketball Court A		11:00AM-4:00PM (Adult Sports) <i>N/A</i>	8:00AM-1:00PM (Adult Sports)	11:00AM-4:00PM (Adult Sports)	8:00AM-1:00PM (Adult Sports)		
<b>Open Tai Chi</b> D		12:00PM-1:00PM (Mind & Body) <i>N/A</i>		12:00PM-1:00PM (Mind & Body) <i>N/A</i>			
<b>YMCA Programs</b> Auditorium A		5:30PM-7:30PM (Gym)	7:30PM-9:00PM (Gym)	7:30PM-9:00PM (Gym)		9:00AM-1:30PM (Gym)	
<b>YMCA Programs</b> Basketball Court A		5:30PM-7:30PM (Gym)	7:30PM-9:00PM (Gym)	5:30PM-7:30PM (Gym)  7:30PM-9:00PM (Gym)		9:00AM-1:30PM (Gym)	
<b>HIIT/Bootcamp</b> C		6:00PM-6:45PM (Cardio & Strength) <i>Mary A.</i>		6:00PM-6:45PM (Cardio & Strength) <i>Sherri C.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Muscle &amp; Hustle-Youth Cardio</b> Cardio Deck		6:00PM-6:45PM (Cardio) <i>Keslie J.</i>		6:00PM-6:45PM (Cardio) <i>Keslie J.</i>			
<b>Adult Pickleball</b> Basketball Court B			8:00AM-1:00PM (Adult Sports)		8:00AM-1:00PM (Adult Sports)		
<b>Adult Pickleball</b> Auditorium A			8:00AM-1:00PM (Adult Sports)	11:00AM-4:00PM (Adult Sports)	9:00AM-12:00PM (Adult Sports)		
<b>Zumba®   Dance Fitness</b> C			9:30AM-10:15AM (Cardio) <i>Rhiannon A.</i>				
<b>Muscle Conditioning</b> C			11:15AM-12:00PM (Cardio & Strength) <i>Ariel S.</i>				
<b>Barre</b> C			5:30PM-6:15PM (Mind & Body) <i>Sherri C.</i>				
<b>Yoga</b> C			6:30PM-7:15PM (Mind & Body) <i>Julie M.</i>				
<b>Hi-Lo Fitness</b> D			6:30PM-7:15PM (Cardio) <i>Mary A.</i>				
<b>YMCA Programs</b> Basketball Court B			7:30PM-9:00PM (Gym)	7:30PM-9:00PM (Gym)			
<b>Power Yoga</b> C				9:30AM-10:15AM (Strength) <i>Marsha M.</i>			
<b>Gentle Yoga</b> D				10:45AM-11:30AM (Mind & Body) <i>Katy S.</i>			
<b>BoxMaster Circuit</b> B				10:45AM-11:30AM (Cardio) <i>Rhiannon A.</i>			
<b>Zumba® Gold   Dance Fitness</b> C					9:30AM-10:15AM (Cardio) <i>Rhiannon A.</i>		
<b>Chair Yoga</b> C					10:45AM-11:30AM (Mind & Body) <i>Katy S.</i>		
<b>Balance and Agility</b> C					12:00PM-12:45PM (Mind & Body) <i>Sherri C.</i>		
<b>Cycle and Strength</b> C					6:00PM-6:45PM (Cardio) <i>Ariel S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates C						8:30AM-9:15AM (Mind & Body) <i>Anne M.</i>	