



at Phoenix Plaza

CLASS SCHEDULE

September 2019

Monday	Class	Instructor	Location
5:30-6:30pm	ZUMBA	Tami	Front Multipurpose Rm
6:45-7:45pm	Yoga	Sara	Front Multipurpose Rm
Tuesday	Class	Instructor	Location
5:30-6:30pm	Yoga	Barb	Front Multipurpose Rm
6:45-7:45pm	ZUMBA	Tami	Front Multipurpose Rm
Wednesday	Class	Instructor	Location
5:30-6:30pm	Yoga	Jamie	Front Multipurpose Rm
6:45-7:45pm	ZUMBA	Maggie	Front Multipurpose Rm
Thursday	Class	Instructor	Location
5:30-6:30pm	Yoga	Sara	Front Multipurpose Rm
6:45-7:45pm	ZUMBA	Armando	Front Multipurpose Rm

Yoga - Builds a strong body, mind and spirit. This class incorporates Yoga postures, breathing exercises and a mind focus to improve balance, strength and flexibility. Yoga props are offered to safely perform exercises. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

ZUMBA - Ditch the Workout – Join The Party! ZUMBA has easy to follow dance moves and routines. ZUMBA features interval training sessions where fast and slow rhythms are combined to tone your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA!



CONTACT INFORMATION

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