



The Y @ Lewis Street - Weekly Schedule

April 20 - June 14th



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|--|---|---|--|--|
| 6:00 AM | | | | | |
| 9:00 AM | Gentle Flow Yoga Sara 9-10AM | TAI CHI COMING SOON MORNING TIME TBD | Intro to Mat Pilates - Yovela 9-10AM | Stretch & Sculpt Yoga Sara 9-10AM | Makers Table Bring your projects! 9 AM - 12 PM |
| 10:30 AM | Move & Groove - Terri 10:30-11:30AM | | Move & Groove - Terri 10:30-11:30AM | SEATED YOGA Sara 10:30-11:30AM STARTING APRIL 30TH | |
| 12:30 PM | | BONE, BUILD, BALANCE @ ANYTIME FITNE SS LOCATION 12:30-1:30PM | | BONE, BUILD, BALANCE @ ANYTIME FITNESS LOCATION 12:30-1:30PM | |
| 1:00 PM | | Micro Classes Registration Required | | Micro Classes Registration Required | |
| 3:00 - 6:00 PM |  YMCA MIDDLE SCHOOL PROGRAM - "THE GARAGE" Registration Required (Now Open With Rolling Registration!)  | | | Middle School Yoga 4:30 - 5:15 PM | |
| 6:15 PM | Evening Mat Pilates Yovela 6:15-7:15PM STARTING APRIL 27th | Yoga -Julie 6:15-7:15PM | Line Dancing Beginner & Intermediate 6:30 -8:30 PM STARTING APRIL 29th | Wyldlife (MS) COMING SOON | Special Events / Theme Nights/ Movie Nights COMING SOON |
| 7:30 PM | YoungLife (HS) COMING SOON | Gamers 14+ Strategy Games, chance to hang out and play games 7:30 - 10PM | | | |
| 8:00 PM | | | | | |
| | Saturday | | Sunday | | |
| 9:30 AM | RISE YOGA \$5 for Y Members/\$15 for Non-Members | | | | |
| 11:00 AM | COMING SOON Family Game Time Adults & Kids 6-12 11AM - 1PM | COMING SOON Family Lego Builders 11AM - 1PM | | | |
| 12:00 PM | | | COMING SOON Family Game Time Adults & Kids 6-12 12PM - 2PM | COMING SOON Family Lego Builders 12PM - 2PM | |
| 1:00 PM | Ask About Birthday Party Packages COMING SOON | | | | |
| 2:30 PM | | | Ask About Birthday Party Packages COMING SOON | | |

Drop-in classes available NOW! FREE to Y members. (Drop-in Fee for Non-Members)

Y Member Rate Drop-In Fee Class

Free Classes & Events - Coming Soon!

Classes & Events - Registration Required

Classes Free to Y Members at Anytime Fitness

403 Lewis Street, Silverton OR 97381

Find more info on our website theyonline.org/locations/silver-falls or call the Pool 503.873.6456

Class Descriptions

Gentle Flow Yoga: Slow-paced, low-impact practice that focuses on mindful movement, steady breathing, and accessibility for all body types. This flow prioritizes comfort and deep awareness over intensity.

Stretch & Sculpt Yoga: A fusion workout that balances high-energy strength using resistance bands coupled with restorative flexibility. It is designed to "strengthen, lengthen, and restore" the body by combining muscle-toning exercises with deep, mindful stretching.

Yoga Flow: Shake off the day and move into your evening with intention. This all-levels class blends mindful movement, strength, and flow—starting with a gentle reset and building into more powerful sequences as you go. Options are offered throughout so you can dial it up or slow it down based on what your body needs. Come as you are. Leave feeling stronger, lighter, and recharged.

Rise Yoga: Start your weekend with intention. RISE Yoga is a rotating Saturday experience featuring a variety of styles and instructors, from gentle flow to more energizing sessions. Each week brings something new, but always focuses on helping you move, reset, and rise into your day feeling refreshed and grounded. Open to all levels. **(Run by RISE and a \$5 Fee for Y Members)**

Seated Yoga: A gentle, accessible class designed for those with lower mobility or anyone who prefers to move from a seated position. Improve flexibility, circulation, and range of motion through simple, guided movements and breathing exercises—all from the support of a chair. A great way to get moving, reduce stiffness, and feel refreshed in a safe, welcoming environment.

Evening Mat Pilates: A focused, low-impact workout designed to strengthen, lengthen, and restore. Ideal for unwinding after a busy day, this class blends intentional core work with mobility and ends with a calming reset—leaving you feeling balanced and renewed.

Morning Intro to Mat Pilates: The perfect way to reset your day. Designed for all levels—especially parents after school drop-off, stay-at-home individuals, and retirees—this class focuses on core strength, posture, and gentle movement. Come move, breathe, and build strength at your own pace in a relaxed, welcoming space.

Move & Groove: An exercise fitness class that meets you where you are and gets you moving, raises your heart rate, and boosts your mood. With dynamic music and a welcoming vibe, it's designed for all ages and ability levels. No pressure, just fun - come enjoy the energy and let the music move your mind, body, and spirit! No need for experience - just love music and movement.

Bone, Build, Balance – Level 1: A supportive starting point for building strength, stability, and confidence in everyday movement. This class is designed for individuals working toward goals like sitting unassisted, safely navigating stairs, and improving balance. Through gentle, guided exercises, participants will strengthen muscles, support bone health, help with fall prevention and develop the stability needed for greater independence. A welcoming, encouraging environment—no experience needed.

Beginner Line Dancing: Step in, have fun, and learn the basics! This beginner-friendly class is perfect for anyone new to line dancing or looking for a relaxed, welcoming way to get moving. You'll learn simple steps and easy routines set to great music, all in a supportive, no-pressure environment. No partner needed—just bring your energy and a willingness to try something new!

Intermediate Line Dancing: Take your steps to the next level! This class builds on foundational skills with more dynamic routines, quicker transitions, and a wider variety of styles and music. Perfect for those who are comfortable with basic line dancing and ready for a fun challenge. Stay active, sharpen your coordination, and enjoy the rhythm with a great group.

Tai Chi: Slow down, breathe, and move with intention. Tai Chi is a gentle, low-impact class featuring flowing movements that improve balance, flexibility, and coordination. Often described as "meditation in motion," this practice helps reduce stress while building strength and stability. Perfect for all ages and fitness levels

Makers Table: Bring your project and pull up a chair. Makers Table is a welcoming space to create, connect, and share ideas with others. A shared workspace for hands-on creativity and conversation. Work on your own projects while connecting with others, with occasional guest-led demos or skill-sharing opportunities. A great place to learn, create, and build community.

Gamers Night (14+): A night for thinkers, creators, and competitors. Bring your favorite games or jump into a new one—D&D campaigns, trading card games, and strategy-based board games are all part of the mix. Meet new people, build skills, and enjoy a fun, social gaming environment.

YOGA

Evening Mat Pilates

Intro Mat Pilates

Move & Groove

Bone, Build, Balance 1 @ Anytime Fitness

Line Dancing

Tai Chi

Makers Table

Gamer's Night