

The Y @ Lewis Street - Summer Weekly Schedule

June 15th - Aug 30



	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM				Seated Yoga Sara 8-9AM	
9:00 AM	Gentle Flow Yoga Sara 9-10AM	Move & Groove Terri 9-9:45	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	DAY CAMPS	DAY CAMPS	Move & Groove Terri 10:30-11:30AM	DAY CAMPS	
12:30 PM		BONE, BUILD, BALANCE @ ANYTIME FITNESS LOCATION 12:30-1:30PM		BONE, BUILD, BALANCE @ ANYTIME FITNESS LOCATION 12:30-1:30PM	
1:00 PM		Micro Classes Registration Required			
4:30		YOGA FOR EVERY BODY Suzanne 4:30-5:30			
6:15 PM	Evening Mat Pilates Yovela 6:15-7:15PM		LINE DANCING Billy 6:30-7:30 Beg. 7:30-8:30 Int.	Wyldlife (MS) COMING SOON	Special Events / Theme Nights/ Movie Nights COMING SOON
7:30PM	YoungLife (HS) COMING SOON	TRIPLE T TUESDAYS Table Tennis & Table Games 14+ \$2 Tacos, Table Tennis, 1on1 Table Games 7:30PM - 9:30PM			
8:00 PM					
	Saturday		Sunday		
9:30 AM	RISE YOGA \$5 for Y Members/\$15 for Non-Members				
12:00 PM					
1:00 PM	Ask About Birthday Party Packages Reservations Online 1-3pm or 3:30-5:30pm		Ask About Birthday Party Packages Reservations Online 1-3pm		
3:30 PM			Role Playing Games (Dungeons & Dragons & Magic TG) 3:15-6:45pm		
5:30 PM					
7:00 PM			YoungLife & WyldLife Campaigners 7-8pm		

Key

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.

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.

Table Tennis (Ping Pong) & Table Games (14+): Get your game on with table tennis or new table games like Biñho or Klask - something you can play one on one with an old friend or someone new.

YOGA

Evening Mat Pilates

Intro Mat Pilates

Move & Groove

Bone, Build, Balance 1 @ Anytime Fitness

Line Dancing

Makers Table

Triple T Night