

The Y @ Lewis Street – Weekly Schedule

FALL 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM					
9:00 AM	Gentle Flow Yoga Sara 9-10AM		Mat Pilates For All Yovela 9-10AM	Stretch & Sculpt Yoga Sara 9-10AM	Makers Table Bring your projects to life! 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	
12:30 PM	Community Transitions Program 12:45 -2:45 PM	BONE, BUILD, BALANCE @ ANYTIME FITNESS LOCATION 12:30-2:30PM	GARAGE PROGRAM WHEN THERE IS EARLY RELEASE	BONE, BUILD, BALANCE @ ANYTIME FITNESS LOCATION 12:30-2:30PM	Community Transitions Program 12:30 -2:30 PM (Occasional)
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!) 				
6:15 PM	Mat Pilates For All Yovela 6:15-7:15PM	TAEKWONDO Jon 6:30--8:30 All Levels 10yrs and up *Rolling reg. all year	Line Dancing Level 1 & 2 6:30 -8:30 PM	Wyldlife (MS) COMING SOON	TAEKWONDO Jon 6:30--8:30 All Levels 10yrs and up *Rolling reg. all year
7:30 PM	YoungLife (HS) COMING SOON				
8:00 PM					
	Saturday		Sunday		
9:30 AM	RISE YOGA \$5 for Y Members/\$15 for Non-Members				
12:00 PM			Ask About Birthday Party Packages Reservations Online 12-2pm		
1:00 PM	Ask About Birthday Party Packages Reservations Online 1-3pm				
2:00PM					
3:30 PM	Ask About Birthday Party Packages Reservations Online 3:30-5:30pm		Role Playing Games (Dungeons & Dragons & Magic TG) 3:15-6:45pm	Family Game Time	
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

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 for All: 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 Mat Pilates for All: 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.

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.

Level 1 **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!

Level 2 **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.

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.

Taekwondo: A Korean martial art focused on kicking techniques, movement, balance, self-defense, discipline, and physical fitness. It helps build strength, flexibility, coordination, confidence and focus. This program has a rolling registration where you can register at any time - it is free for Y members and a per-session fee for non-members. Ages 10 to 85+

Table Tennis (Ping Pong), Table Games, Board Games & Mini Hoop: Get your game on with table tennis or new table games like Biñho or Klask - or just play with the mini hoop to unwind with the young ones. Something you can play one on one with an old friend or someone new in a smaller group.

YOGA

Mat Pilates For ALL

Move & Groove

Bone, Build, Balance 1 @ Anytime Fitness

Line Dancing

Makers Table

Taekwondo

Family Game Time