

You Can Do It! LLC

Class Schedule for June through December 2011



Building Bones Step by Step for the Summer and Fall (The Grove)

Summer

- Series I runs from June 1 – July 13: Mon, Wed, Fri (8:00– 8:55 am).
- Series II runs from July 25 – August 26: Mon, Wed, Fri (8:00 – 8:55 am).

Fall

- Series III runs from Sept 7 – Sept 16: Mon, Wed, Fri (8:00 – 8:55 am). Sally Jones will teach this.
- Series III runs from Sept 26 – Nov 4: Mon, Wed, Fri (8:00 – 8:55 am).
- Series III runs from Nov 11 – Dec 23: Mon, Wed, Fri (8:00 – 8:55 am).



Classes at Mountain Meadows have expanded (for Mountain Meadows residents ONLY)

Rhythmic Cardio (Rogue Room) This is a new class that works your brain and your body

- Monday, Wednesday, Friday from 9:30 - 10:00 am.

Joyful Joints (Rogue Room) This is a new class that helps arthritis sufferers

- Tuesday, Thursday from 9:30 – 10:00 am.

Chair Osteo and Floor Stretch (Rogue Room)

- Monday through Friday chair osteo classes from 10:00 - 10:30 am.
- Monday, Tuesday, Thursday, and Friday yoga-based floor stretch classes from 10:30 - 11:00 am.

"Splish Splash" Water Aerobics (Salt water pool)

- Monday, Wednesday, Friday from 3:00 – 3:30 pm.



Nordic Walking classes happen on demand!

- Call 482-1887 or email carollee@youcandoitnow.net to plan a class.

Note: Poles are provided for class participants.

| Time | June to December 2011 | | | | |
|------------------|--|---------------------------|--|---------------------------|--|
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| 8:00 – 8:55 am | Building Bones Step by Step (GROVE) I: June 1 – July 13 II: July 25 - Aug 26 III: Sept 7 – Sept 16 III: Sept 26 –Nov 4 III: Nov 11 – Dec 23 | --- | Building Bones Step by Step (GROVE) I: June 1 – July 13 II: July 25 - Aug 26 III: Sept 7 – Sept 16 III: Sept 26 –Nov 4 III: Nov 11 – Dec 23 | --- | Building Bones Step by Step (GROVE) I: June 1 – July 13 II: July 25 - Aug 26 III: Sept 7 – Sept 16 III: Sept 26 –Nov 4 III: Nov 11 – Dec 23 |
| 9:30 – 10:00 am | Rhythmic Cardio (MM) | Joyful Joints (MM) | Rhythmic Cardio (MM) | Joyful Joints (MM) | Rhythmic Cardio (MM) |
| 10:00 – 10:30 am | Chair Osteo Strength (MM) | Chair Osteo Strength (MM) | Chair Osteo Strength (MM) | Chair Osteo Strength (MM) | Chair Osteo Strength (MM) |
| 10:30 – 11:00 am | Floor Stretch (MM) | Floor Stretch (MM) | --- | Floor Stretch (MM) | Floor Stretch (MM) |
| 11:30 – 2:00 pm | One-on-One Time (YCDI) | One-on-One Time (YCDI) | One-on-One Time (YCDI) | One-on-One Time (YCDI) | One-on-One Time (YCDI) |
| 2:30 – 3:00 | Fitness Consulting (MM) | Fitness Consulting (MM) | Fitness Consulting (MM) | Fitness Consulting (MM) | Fitness Consulting (MM) |
| 3:00 – 3:30 pm | Water Aerobics (MM) | Fitness Consulting (MM) | Water Aerobics (MM) | Fitness Consulting (MM) | Water Aerobics (MM) |
| 3:30 – 5:00 pm | Fitness Consulting (MM) | Fitness Consulting (MM) | Fitness Consulting (MM) | Fitness Consulting (MM) | Fitness Consulting (MM) |

Class Locations

MM (Mountain Meadows Fitness Center)

857 Mountain Meadows Dr.
Ashland, OR 97520
541-482-1300

MM classes are for MM residents only!

GROVE (The Grove)

1195 East Main St.
Ashland, OR 97520
541-482-1887 (Carol Lee)

You Can Do It (YCDI)

Call for location:
541-482-1887 (Carol Lee)