

VYHC #10 Schedule of Events

All VYHC Classes & Workouts are FREE for VYHC PLUS members and \$10 per event for nonmembers (ask Blake if you want to become a PLUS member). RSVP for each event ASAP (no later than the night before). To RSVP be sure to text the appropriate health pro listed below for each event. Always bring plenty of water to workouts.

THURSDAY JULY 11

Biometrics Entry Review Meeting with Health Pros

6:30 pm - Upper Room at Nature's Pantry

Text Blake 541-910-9333 to RSVP

SUNDAY JULY 14

VYHC Day One

Begin tracking your points in the app. ALL Challengers must complete the Launch Meeting VIDEO by July 14.

MONDAY JULY 15

Hike with Misty and Jess

6 am at MERA Owsley Canyon Trailhead

Text Misty 541-910-4808 to RSVP

WEDNESDAY JULY 17

GROUP WORKOUT w Lasa and Justin

6 pm at Island City Fred Beeman Community Park

Text Lasa 541-910-5121 to RSVP

THURSDAY JULY 18

Goal Setting Class with Lasa

July 18 at 6:30 pm - Upper Room at Nature's Pantry

Text Blake 541-910-9333 to RSVP

MONDAY JULY 22

Hike with Misty and Jess

6 am at MERA Owsley Canyon Trailhead

Text Misty 541-910-4808 to RSVP

WEDNESDAY JULY 24

Strength Workout for ALL LEVELS w/ Nicole & Blake

4 pm at Peak Lifestyle Studio

Text Nicole 503-449-9804 to RSVP

THURSDAY JULY 25

GROUP WORKOUT w Summer and Blake

8 am at LHS Track

Text Summer 541-786-5245 to RSVP

THURSDAY JULY 25

Detox Class with Tim

6:30 pm - Upper Room at Nature's Pantry

Text Blake 541-910-9333 to RSVP

MONDAY JULY 29

Hike with Misty and Jess

6 am at MERA Owsley Canyon Trailhead

Text Misty 541-910-4808 to RSVP

WEDNESDAY JULY 31

GROUP WORKOUT w Lasa and Justin

6 pm at Island City Fred Beeman Community Park

Text Lasa 541-910-5121 to RSVP

THURSDAY AUG 1

7 Day Reset with Nicole

Aug 1 at 6:30 pm - Upper Room at Nature's Pantry

Text Blake 541-910-9333 to RSVP

MONDAY AUG 5

Hike with Misty and Jess

6 am at MERA Owsley Canyon Trailhead

Text Misty 541-910-4808 to RSVP

WEDNESDAY AUG 7

Strength Workout for ALL LEVELS with Nicole and Justin

4 pm at Peak Lifestyle Studio

Text Nicole 503-449-9804 to RSVP

THURSDAY AUG 8

GROUP WORKOUT w Summer and Blake

6 am at LHS Track

Text Summer 541-786-5245 to RSVP

THURSDAY AUG 8

Mobility & Back Pain Relief Class w/ Summer & Justin

5:30 pm at Riverside Park

Text Summer 541-786-5245 to RSVP

SUNDAY AUG 10

VYHC Final Day

August 10 – complete tracking your points in the app

THURSDAY AUG 15

Exit Review and Finale Dinner with Health Pros

6 pm - Upper Room at Nature's Pantry

Text Blake 541-910-9333 to RSVP