

VYHC #12 Schedule of Events

All VYHC Classes & Workouts are FREE for VYHC challengers and \$25 per event for non-challengers. 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 with you for exercise.

SUNDAY OCTOBER 26

Group Hike with Misty, Jess & Tali

These hikes are a great way to build relationships and encourage one another. All fitness levels welcome.

3 pm MERA Owsley Canyon Trailhead

Text Misty 541-910-4808 to RSVP

THURSDAY OCTOBER 30

Launch Meeting with Health Pros

Get to know each other, small group breakouts, Q&A, tech support, motivation and encouragement.

HEALTHY MEAL INCLUDED

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

Text Blake 541-910-9333 to RSVP

SUNDAY NOVEMBER 2

Group Hike with Misty, Jess & Tali

These hikes are a great way to build relationships and encourage one another. All fitness levels welcome.

8 am at MERA Owsley Canyon Trailhead

Text Misty 541-910-4808 to RSVP

SUNDAY NOVEMBER 2

Group Workout at PEAK with Health Pros

All fitness levels welcome.

3 pm at PEAK Lifestyle Studio

Text Nicole (503) 449-9804 to RSVP

THURSDAY NOVEMBER 6

DISCIPLINE & ROUTINE CLASS with Justin Hernandez

Learn how discipline and routine set you up for success for your health goals.

PROTEIN SMOOTHIE INCLUDED

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

Text Blake 541-910-9333 to RSVP

SUNDAY NOVEMBER 9

Group Hike with Misty, Jess & Tali

These hikes are a great way to build relationships and encourage one another. All fitness levels welcome.

3 pm at MERA Owsley Canyon Trailhead

Text Misty 541-910-4808 to RSVP

THURSDAY NOVEMBER 13

EMOTIONAL HEALTH CLASS with Summer Steele

Learn how to deal with emotions and stress healthily.

FRESH JUICE INCLUDED

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

Text Blake 541-910-9333 to RSVP

SUNDAY NOVEMBER 16

Group Hike with Misty, Jess & Tali

These hikes are a great way to build relationships and encourage one another. All fitness levels welcome.

8 am at MERA Owsley Canyon Trailhead

Text Misty 541-910-4808 to RSVP

SUNDAY NOVEMBER 16

Group Workout at PEAK with Health Pros

All fitness levels welcome.

3 pm at PEAK Lifestyle Studio

Text Nicole (503) 449-9804 to RSVP

THURSDAY NOVEMBER 20

FINALE CELEBRATION

Celebrate your accomplishment with healthy holiday desserts and healthy mocktails! Share your stories and successes and celebrate together. Learn how to keep your momentum going so that small habits lead to BIG CHANGE in your life.

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

Text Blake 541-910-9333 to RSVP