VYHC #13 Schedule of Events

We've designed VYHC to fit into a busy schedule. The in-person events are great, but it's ok if you can't attend. We record all classes and add them to a huge library of video recordings which you can complete at your own pace. Furthermore, the most powerful part of the challenge is tracking your points which can be done in just minutes every day.

All VYHC Classes & Workouts are FREE for VYHC challengers and $25 per event for non-challengers. RSVP for each event no later than the night before.

THURSDAY OCTOBER 29
HEALTHY GUT for LIFE w Blake Bars
Learn how your gut is the key to weight loss, energy production, immune function, hormone balance, and brain function! Q&A session at the end.
HEALTHY MEAL INCLUDED
6:15 pm at Nature's Pantry
Text Blake 541-910-9333 to RSVP

FRIDAY OCTOBER 30
GROUP HIKE with Misty & Health Pros
All fitness levels welcome.
7 am at MERA
Text Misty 541-910-4808 to RSVP

THURSDAY NOVEMBER 5
MICROBIOME & METABOLISM with Lasa Baxter
Learn how balancing your gut can accelerate weight loss, reduce inflammation, strengthen immunity, regulate blood sugar, and support hormone function
HEALTHY SMOOTHIE INCLUDED
6:15 pm at Nature's Pantry
Text Blake 541-910-9333 to RSVP

FRIDAY NOVEMBER 6
GROUP HIKE with Misty & Health Pros
All fitness levels welcome.
7 am at MERA
Text Misty 541-910-4808 to RSVP

SUNDAY NOVEMBER 8
Group Workout & Stretch at PEAK with Nicole
All fitness levels welcome.
7 am at PEAK
Text Nicole (503) 449-9804 to RSVP

THURSDAY NOVEMBER 12
DETOXIFY for WEIGHT LOSS with Tim James
Learn how to optimize your detox pathways and how this will help you lose weight & increase energy.
HEALTHY JUICE INCLUDED
6:15 pm at Nature's Pantry
Text Blake 541-910-9333 RSVP

FRIDAY NOVEMBER 13
GROUP HIKE with Misty & Health Pros
All fitness levels welcome.
7 am at MERA
Text Misty 541-910-4808 to RSVP

SUNDAY NOVEMBER 15
Group Workout & Stretch at PEAK with Nicole
All fitness levels welcome.
7 am at PEAK
Text Nicole (503) 449-9804 to RSVP

THURSDAY NOVEMBER 19
DIGEST & DEFEND with Nicole Haggerty
Learn how to strengthen your gut and build total body resilience. Get your final questions answered and be encouraged to continue your healthy choices through the holiday season and winter months.
HEALTHY MEAL INCLUDED
6:15 pm at Nature's Pantry
Text Blake 541-910-9333 to RSVP

SATURDAY NOVEMBER 21
TURKEY TROT
8 am registration / 9 am race
at Mountain Valley Therapy
Register and pay your own entry