



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Group Exercise Schedule

## SONOMA COUNTY FAMILY YMCA

Schedule begins 11/3/18 and is subject to change without notice.

For class descriptions, please see our seasonal **Program Guide** or you may also call the **Assoc. Director of Health & Wellness** at 707-545-9622 Ext 3128

- Must sign in for Group Cycling classes at the Welcome Desk.
- ♥ Classes marked with a heart indicate appropriate for those just beginning or returning to exercise after an extended period of time.
- 💰 Dollar sign denotes fee based program

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
<b>MORNING CLASSES</b>	6:00-6:45am <b>Group Cycle</b> Rose	5:45-6:35am <b>TRX</b> 💰 Kathy (AC)	5:45-6:35am <b>Bootcamp</b> Jessica (AC)	6:00-6:45am <b>Group Cycle</b> Art	5:45-6:35am <b>Bootcamp</b> Aimee (AC)		
	6:30-7:30am <b>Y's Way to Fitness</b> ♥ Jerry	6:00-7:00am <b>Sunrise Yoga</b> Maggie ♥	6:30-7:30am <b>Y's Way to Fitness</b> Jerry ♥		6:30-7:30am <b>Y's Way to Fitness</b> Jerry ♥	7:30-8:30am <b>Zumba</b> Angela T.	9:00-10:00am <b>NIA</b> ♥ Ana (1 <sup>st</sup> and 3 <sup>rd</sup> Sunday)
	8:30-9:30am <b>Group Cycle</b> Melanie			8:30-9:15am <b>Intro to Cycle</b> Rachel	8:30-9:20am <b>TRX</b> 💰 Aimee (AC)	8:30-9:30am <b>Group Cycle</b> Roseanne	9:00-10:00am <b>Bellydance</b> Elana ♥ (2 <sup>nd</sup> and 4 <sup>th</sup> Sunday)
		9:00-10:15am <b>Step</b> Laurie M.	8:30-9:30am <b>Group Cycle</b> Betsy	9:00-10:00am <b>Baby Buggy Bootcamp</b> Mia (meet by the Stewart street entrance or in the AC on rainy days)	8:30-9:30am <b>Group Cycle</b> Sky/Leon	9:00-10:00am <b>Insanity</b> Angela T.	9:00-9:50am <b>TRX</b> 💰 Aimee (AC)
	9:00-10:00am <b>PiYo Strength</b> Laurie M.	10:30-11:45am <b>Yoga</b> Nicole M.	9:00-10:15am <b>Power Sculpt</b> Teja	9:00-10:15am <b>Step</b> Darcie	9:00-10:15am <b>Power Sculpt</b> Teja		9:30-10:30am <b>Group Cycle</b> Melanie
	10:05-10:55am <b>Urban Kick</b> Daniel		10:20-10:50am <b>Jump Rope HIIT</b> Aimee	10:30-11:45am <b>Power Yoga</b> Nasrina	10:20-10:50am <b>Butz and Gutz Express</b> Teja	10:30-11:30am <b>Youth Aikido</b> 💰 Jay	10:15-11:05am <b>Urban Kick</b> Daniel (1 <sup>st</sup> and 3 <sup>rd</sup> Sunday)
	11:00am-12:00pm <b>Stay Fit Forever</b> Walter ♥		11:00am-12:00pm <b>Stay Fit Forever</b> Tredia ♥		11:00am-12:00pm <b>Freestyle Funky Fitness</b> Tredia ♥		10:15-11:05am <b>Strong by Zumba</b> Tabitha (2 <sup>nd</sup> and 4 <sup>th</sup> Sunday)



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
	12:00-1:00pm <b>Pilates</b> Nicole M. ❤️	12:00-1:00pm <b>PiYo Strength</b> Andrea	12:00-1:00pm <b>Zumba</b> Lisa B.	12:00-1:00pm <b>Pilates</b> Jasmine	12:00-1:00pm <b>Zumba</b> Angela T.		
<b>AFTERNOON/EVENING CLASSES</b>	12:15-1:30pm <b>Spin/Sculpt</b> Sky	12:00-12:50pm <b>TRX</b> 💰 Angela R. (AC)	12:15-1:15pm <b>Group Cycle</b> Sky	12:00-12:50pm <b>TRX</b> 💰 Teja (AC)	12:15-1:30pm <b>Spin/Sculpt</b> Rose	12:00-1:00pm <b>Zumba Gold</b> Deborah ❤️	12:00-1:00pm <b>Tai Chi</b> Naomi ❤️
	1:15-2:15pm <b>Gentle Yoga</b> Nicole M. ❤️	12:30-1:00pm <b>Cycle Express</b> Leon	1:15-2:15pm <b>Gentle Yoga</b> Laura B. ❤️	12:00-1:00pm <b>Tai Chi</b> Lisa G. ❤️ (conference room)	1:15-2:15pm <b>Gentle Yoga</b> Bryan ❤️		1:15-2:30pm <b>Power Yoga</b> Nasrina/ Samadhi
	2:30-3:30pm <b>Chair NIA</b> Ana ❤️	1:15-2:15pm <b>Gentle Strength and Balance</b> Angela R. ❤️	1:30-2:30pm <b>Awareness through Movement (Feldenkrais)</b> ❤️ Donna (Conf. Rm)	1:15-2:15pm <b>Gentle Strength &amp; Balance</b> Betsy ❤️			
		2:30-3:30pm <b>Yoga For Vets</b> SMC Educational Foundation	2:30-3:30pm <b>Seated Tai Chi (arthritis relief)</b> Naomi ❤️	3:30-4:30pm <b>Youth Aikido</b> Jay 💰	2:30-3:30pm <b>Body Balance</b> Bryan ❤️		3:30-4:45pm <b>Yoga</b> ❤️ Diana
	4:10-5:25pm <b>Cardio HipHop</b> Gina	4:15-5:25pm <b>Gentle Yoga</b> Laura L. ❤️	4:30-5:30pm <b>Step</b> Susan	4:30-5:30pm <b>Power Sculpt</b> Susan			
	5:30-6:30pm <b>Group Cycle</b> Martina	5:30-6:30pm <b>Zumba</b> Ellen D.	5:30-6:30pm <b>Group Cycle</b> Martina	5:30-6:30pm <b>Shakti Naam Yoga</b> ❤️ Sophie	4:00-5:00pm <b>NIA</b> Kim ❤️		
	6:00-7:00pm <b>Meditation</b> ❤️ Ann & Jeff (conference room) <small>*Please note this class does not meet the 4<sup>th</sup> Monday of the month</small>		5:30-6:45pm <b>Prenatal Yoga</b> Maggie (conference room)	6:00-6:30pm <b>Cycle Express</b> Katie	5:30-6:30pm <b>Zumba</b> Ellen D.		
	5:30-6:30pm <b>Pilates</b> Jasmine	5:30-6:20pm <b>Group Cycle</b> Howard	5:30-6:30pm <b>Urban Kick</b> Daniel	6:00-6:50pm <b>TRX</b> 💰 Teja (AC)			
	6:35-7:35pm <b>Yoga</b> Tracy	6:35-7:35pm <b>PiYo</b> Andrea		6:35-7:35pm <b>PiYo</b> Laurie M.			
	7:45-9:30pm <b>Adult Aikido</b> Don 💰		6:35-7:35pm <b>Yoga</b> Samadhi	7:45-9:30pm <b>Adult Aikido</b> Don 💰			

- Keep conversation to a minimum and refrain from using your iPod or cell phone in class.
- Enter the room only after preceding class has finished and return all equipment to proper area promptly at the end.
- Children under 13 years of age are not permitted to attend classes unless -the Associate Director of Health & Wellness has made an exception.
- Do not enter class already in session for more than 10 minutes without *prior* instructor permission.
- Wear layered clothing, proper footwear, and limit perfume and cologne use.