



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule

SONOMA COUNTY FAMILY YMCA

Schedule begins 4/1/18 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
MORNING CLASSES	6:00-6:45am Group Cycle Katie	5:45-6:35am TRX 💰 Kathy (AC)			5:45-6:45am Bootcamp Amber (AC)		
	6:30-7:30am Y's Way to Fitness ♥ Jerry	6:00-7:00am Sunrise Yoga Maggie ♥	6:30-7:30am Y's Way to Fitness Jerry ♥	6:00-6:45am Group Cycle Art		7:30-8:30am Zumba Angela T.	9:00-10:00am Bellydance Elana ♥ (see app for specific dates)
	8:30-9:30am Group Cycle Melanie				6:30-7:30am Y's Way to Fitness Jerry ♥	8:30-9:30am Group Cycle Roseanne	9:00-10:00am NIA ♥ Ana (see app for specific dates)
		9:00-10:15am Step Jack/Laurie	9:00-9:50am Group Cycle Miriam	9:00-10:15am Step Darcie	8:30-9:30am Group Cycle Rachel/Leon	9:00-10:00am Insanity Angela T.	9:00-9:50am TRX 💰 Aimee (AC)
	9:00-10:00am PiYo Strength Laurie	10:30-11:45am Yoga Nicole M.	9:00-10:15am Power Sculpt Teja	10:30-11:45am Power Yoga Nasrina	9:00-10:15am Power Sculpt Teja		9:30-10:30am Group Cycle Melanie
	10:05-10:55am Urban Kick Daniel		10:20-10:50am Jump Rope HIIT Aimee		10:30-11:20am TRX 💰 Teja (AC)	10:30-11:30am Youth 💰 Aikido 💰 Jay	10:15-11:05am Urban Kick Daniel
	11:00am-12:00pm Stay Fit Forever Walter ♥		11:00am-12:00pm Stay Fit Forever Tredia ♥		11:00am-12:00pm Freestyle Funky Fitness Tredia ♥		



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
	12:00-1:00pm Pilates Nicole M. ❤️	12:00-1:00pm PiYo Strength Andrea	12:00-1:00pm Zumba Lisa	12:00-1:00pm Pilates Jasmine	12:00-1:00pm Zumba Angela T.	12:00-1:00pm Postural Pilates Bryan ❤️	
AFTERNOON/EVENING CLASSES	12:15-1:15pm Spin/Sculpt Sky	12:30-1:00pm Cycle Express Leon	12:15-1:15pm Group Cycle Sky	12:00-1:00pm Tai Chi ❤️ Greg (Conference Room)	12:15-1:15pm Spin/Sculpt Rose		
	1:15-2:15pm Gentle Yoga Nicole M. ❤️		1:15-2:15pm Gentle Yoga Laura B. ❤️	1:15-2:15pm Gentle Strength & Stretch Beverly ❤️	1:15-2:15pm Gentle Yoga Bryan ❤️		1:15-2:30pm Power Yoga Nasrina/ Samadhi
	2:30-3:30pm Chair NIA Ana ❤️	1:15-2:15pm Gentle Strength & Stretch Beverly ❤️	1:30-2:30pm Awareness through Movement (Feldenkrais) ❤️ Donna (Conf. Rm)	3:30-4:30pm Youth Aikido Jay \$		1:30-2:30pm Stay Fit Forever Walter ❤️	
		2:30-3:30pm Yoga For Vets SMC Educational Foundation	2:30-3:30pm Gentle Strength & Stretch Beverly ❤️	4:30-5:30pm Power Sculpt Susan	2:30-3:30pm Body Balance Bryan ❤️		3:30-4:45pm Yoga ❤️ Autumn/ Jill
	4:10-5:25pm Cardio HipHop Gina	4:15-5:25pm Gentle Yoga Laura L. ❤️	4:30-5:25pm Step Susan	5:30-6:30pm Shakti Naam Yoga ❤️ Sophie			
	5:30-6:20pm Group Cycle Martina	5:30-6:30pm Zumba Ellen D.	5:30-6:20pm Group Cycle Martina		4:00-5:00pm NIA Kim ❤️		
	6:00-7:00pm Meditation ❤️ Ann & Jeff (conference room) *Please note this class does not meet the 4 th Monday of the month		5:30-6:45pm Prenatal Yoga Maggie (conference room)	6:00-6:50pm TRX \$ Teja (AC)	5:30-6:30pm Zumba Ellen D.		
	5:30-6:20pm Pilates Jasmine	5:30-6:00pm Cycle Express Rose		6:15-7:00pm Group Cycle Howard			
	6:35-7:35pm Yoga Flow Nicole H.		5:30-6:30pm Urban Kick Daniel	6:35-7:35pm Cardiobox/Insanity Luisa <i>Hablo Español</i>			
	7:45-9:30pm Adult Aikido Don \$	6:35-7:35pm PiYo Heather	6:35-7:35pm Yoga Samadhi	7:45-9:30pm Adult Aikido 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 an exception has been made by the Associate Director of Health & Wellness.
- Do not enter class already in session for more than 10 minutes without prior instructor permission.
- Wear layered clothing, proper foot wear, and limit perfume and cologne use.