



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule

SONOMA COUNTY FAMILY YMCA

Schedule begins 10/22/17 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) 💰	5:45-6:35am Bootcamp Amber (AC)		5:45-6:45am QueenAx 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 (Oct 29 th , Nov 5 th & Nov 19 th)
	8:30-9:30am Group Cycle Melanie	9:00-10:00am Baby Buggy Bootcamp Hannah <i>*On hold until Oct 31st</i>	9:00-9:50am Group Cycle Angela R.		6:30-7:30am Y's Way to Fitness Jerry ♥	8:30-9:30am Group Cycle Roseanne	9:00-10:00am NIA Kim (Nov 12 th & 26 th) ♥
		9:00-10:15am Step Darcie		9:00-10:15am Step Darcie	8:30-9:30am Group Cycle Sky	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 Nichole T.	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 Autumn	12:00-1:00pm Zumba Angela T.	12:00-1:00pm Postural Pilates Bryan ❤️		
AFTERNOON/EVENING CLASSES	12:15-1:15pm 30/30 Spin/Sculpt Sky		12:15-1:15pm Group Cycle Sky		12:15-1:15pm 30/30 Spin/Sculpt Rose			
	1:15-2:15pm Gentle Yoga Nicole M. ❤️	12:30-1:30pm Qi Gong Nicole M. ❤️ <small>(Conference Room)</small>	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 <i>*on hold until Nov 13th</i> ❤️	1:15-2:15pm Gentle Strength & Stretch Beverly ❤️	1:30-2:30pm Awareness through Movement (Feldenkrais) ❤️ Donna <small>(Conf. Rm)</small>				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 ❤️	3:30-4:30pm Youth Aikido Jay 💰	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	4:30-5:30pm Power Sculpt Susan				
	5:30-6:20pm Group Cycle Martina		5:30-6:20pm Group Cycle Martina	5:30-6:20pm Group Cycle Brad				
	5:30-6:30pm Prenatal Yoga Maggie <small>(Conference Room)</small>	5:30-6:30pm Zumba Ellen D.	5:30-6:00pm Intro to Meditation 6:00-6:45pm Meditation ❤️ Ann & Jeff <small>(conf. rm)</small>	5:30-6:30pm Shakti Naam Yoga ❤️ Sophie	5:15-6:15pm Step Susan			
	5:30-6:30pm Pilates Coleen	6:35-7:35pm Yoga Flow Nicole H. (Oct 31 st and Nov 7 th)		6:00-6:50pm TRX Teja (AC) 💰				
	6:35-7:35pm Yoga Flow Colleen	6:35-7:35pm PiYo Laurie (beginning Nov 14 th)	5:30-6:30pm Urban Kick Daniel	6:35-7:35pm Cardiobox/Insanity Luisa <i>Hablo Español</i>	6:20-7:20pm Zumba Ellen D.			
	7:45-9:30pm Adult Aikido Don 💰		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.