



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Group Exercise Schedule

## SONOMA COUNTY FAMILY YMCA

Schedule begins July 8th, 2017 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> Katie	5:45-6:35am <b>TRX B/C</b> Kathy (AC) 💰	5:45-6:35am <b>Bootcamp</b> Amber (AC)		5:45-6:45am <b>QueenAx Bootcamp</b> Amber (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 ♥	6:00-6:45am <b>Group Cycle</b> Art		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		8:30-9:30am <b>Group Cycle</b> Becky		6:30-7:30am <b>Y's Way to Fitness</b> Jerry ♥	8:30-9:30am <b>Group Cycle</b> Becky	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> Darcie		9:00-10:15am <b>Step</b> Darcie	8:30-9:30am <b>Group Cycle</b> Sky	9:00-10:00am <b>Insanity</b> Angela T.	
	9:00-10:00am <b>PiYo Strength</b> Laurie	10:30-11:45am <b>Yoga</b> Nichole T.	9:00-10:00am <b>TurboKick</b> Jennifer	10:30-11:45am <b>Power Yoga</b> Nasrina	9:00-10:15am <b>Power Sculpt</b> Teja	9:00-9:50am <b>TRX B/C</b> Aimee (AC) 💰	9:30-10:30am <b>Group Cycle</b> Melanie
	10:05-10:55am <b>Urban Kick</b> Daniel		10:05-10:55am <b>Muscle Pump</b> Ellen S.			10:30-11:30am <b>Youth Aikido</b> Jay 💰	10:15-11:05am <b>Urban Kick</b> Daniel
	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 ♥		



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	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	12:00-1:00pm <b>Pilates</b> Jasmine	12:00-1:00pm <b>Zumba</b> Angela T.	12:00-1:00pm <b>Postural Pilates</b> Bryan ❤️	
<b>AFTERNOON/EVENING CLASSES</b>			12:15-1:15pm <b>Group Cycle</b> Sky		12:15-1:15pm <b>30/30 Spin/Sculpt</b> Sky		
	1:15-2:15pm <b>Gentle Yoga</b> Nicole M. ❤️	12:30-1:30pm <b>Qi Gong</b> Nicole M. ❤️ <small>(Conference Room)</small>	1:15-2:15pm <b>Gentle Yoga</b> Laura B. ❤️	1:15-2:15pm <b>Gentle Strength &amp; Stretch</b> Beverly ❤️	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 &amp; Stretch</b> Beverly ❤️	1:30-2:30pm <b>Awareness through Movement (Feldenkrais)</b> ❤️ Donna <small>(Conf. Rm)</small>			1:30-2:30pm <b>Stay Fit Forever</b> Walter ❤️	
			2:30-3:30pm <b>Gentle Strength &amp; Stretch</b> Beverly ❤️	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> ❤️ Autumn/ Jill
	4:10-5:25pm <b>Cardio HipHop</b> Gina	4:15-5:25pm <b>Gentle Yoga</b> Laura L. ❤️		4:30-5:30pm <b>Power Sculpt</b> Jasmine			
	5:30-6:20pm <b>Group Cycle</b> Martina		4:30-5:25pm <b>Step</b> Susan	5:30-6:20pm <b>Group Cycle</b> Brad			
	5:30-6:30pm <b>Prenatal Yoga</b> Maggie <small>(Conference Room)</small>	5:30-6:30pm <b>Zumba</b> Ellen D. (AC)	5:30-6:20pm <b>Group Cycle</b> Martina	5:30-6:30pm <b>Shakti Naam Yoga</b> ❤️ Sophie	5:15-6:15pm <b>Step</b> Susan		
	5:30-6:30pm <b>Pilates</b> Jasmine	5:30-6:30pm <b>Pilates</b> Autumn	5:30-6:00pm <b>Intro to Meditation</b> 6:00-6:45pm <b>Meditation</b> ❤️ Ann & Jeff <small>(conf. rm)</small>	6:00-6:50pm <b>TRX B/C</b> Amber (AC) \$			
	6:35-7:35pm <b>Yoga</b> Nicole H.	6:35-7:50pm <b>Power Yoga</b> Samadhi	5:30-6:30pm <b>Yin Yoga</b> Ellen S.	6:35-7:35pm <b>Cardiobox/Insanity</b> Luisa <i>Hablo Español</i>	6:20-7:20pm <b>Zumba</b> Ellen D.		
	7:45-9:30pm <b>Adult Aikido</b> Don \$		6:35-7:25pm <b>Urban Kick</b> Daniel	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 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.