



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule

SONOMA COUNTY FAMILY YMCA

Schedule begins 9/1/19 and is subject to change without notice.

For class descriptions, please see our seasonal **Program Guide**, **website**, or **mobile app**.

*All TRX classes are now free of charge. Class size is limited and sign up required.

- Must sign in for Group Cycling classes on the iPad at the fitness desk upstairs and for TRX & Spartan Bootcamp at the Welcome Desk.
- ♥ Classes marked with a heart indicate appropriate for those just beginning or returning to exercise
- 💰 Dollar sign denotes fee based program

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



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
	12:00-1:00pm Pilates Nicole M. ❤️	12:00-1:00pm PIYo Andrea	12:00-1:00pm Zumba Lisa B.	12:00-1:00pm Pilates Jasmine	12:00-1:00pm Zumba Angela T.		11:30-12:00pm Tai Chi (Sun Style - Beginners) Naomi ❤️
AFTERNOON/EVENING CLASSES	12:15-1:30pm Spin/Sculpt Sky	12:00-12:50pm TRX Stephanie (AC)	12:15-1:15pm Group Cycle Sky	12:00-12:50pm TRX Teja (AC)	12:15-1:30pm Spin/Sculpt Rose	12:00-1:00pm Zumba Gold Deborah ❤️	12:00-1:00pm Tai Chi (Sun Style - Intermediate) Naomi ❤️
	1:15-2:15pm Gentle Yoga Nicole M. ❤️	1:15-2:15pm Gentle Strength and Balance Betsy ❤️	1:15-2:15pm Gentle Yoga Laura B. ❤️	1:15-2:15pm Gentle Strength & Balance Teja ❤️	1:15-2:15pm Gentle Yoga Bryan ❤️		1:15-2:30pm Power Yoga Nasrina/ Lindsey
		1:30-2:30pm Tai Chi (Yang Style) Lisa G. (Conf. Rm) ❤️	1:30-2:30pm Awareness through Movement (Feldenkrais) ❤️ Donna (Conf. Rm)	3:30-4:30pm Youth Aikido Jay \$			
	2:30-3:30pm Chair NIA Ana ❤️		2:30-3:30pm Chair Tai Chi (arthritis relief) Naomi ❤️	4:30-5:30pm Power Sculpt Susan	2:30-3:30pm Body Balance Bryan ❤️		3:30-4:45pm Yoga ❤️ Diana
	4:10-5:25pm Cardio HipHop Gina	2:30-3:30pm Yoga For Vets SMC Educational Foundation	4:30-5:30pm Step Susan	5:30-6:30pm Shakti Naam Yoga ❤️ Sophie			5:00-6:30pm West African Dance OR Drumming Tyehimba
	5:30-6:30pm Group Cycle Martina	4:15-5:25pm Gentle Yoga Laura L. ❤️	5:30-6:30pm Group Cycle Martina		4:00-5:00pm NIA Kim ❤️		
	6:00-7:00pm Meditation ❤️ Ann & Jeff (conference room) <small>*Please note this class does not meet the last Monday of the month</small>	5:30-6:30pm Spartan Bootcamp Daniel (AC)	5:30-6:45pm Prenatal Yoga Maggie (conference room)	5:30-6:00pm Intro to/Express Cycle ❤️ Rachel	5:30-6:30pm Zumba Ellen D.		
	5:30-6:30pm Pilates Jasmine	5:30-6:20pm Group Cycle Roseanne	5:30-6:30pm Urban Kick Daniel				
	6:35-7:35pm Yoga Tracy	5:30-6:30pm Zumba Ellen D.	6:30-7:20pm TRX Teja (AC)	6:35-7:35pm Strong by Zumba Tabitha			
	7:45-9:30pm Adult Aikido Don \$	6:35-7:35pm PIYo Andrea	6:35-7:35pm Yoga Lindsey	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 -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.