



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule

SONOMA COUNTY FAMILY YMCA

Schedule begins 3/16/20 and is subject to change without notice.

- ♥ Classes marked with a heart indicate less intensity - appropriate for those just beginning or returning to exercise.
- 💰 Dollar sign denotes fee based program.

*Please sign in for **STAGES Cycle** classes on the iPad at the fitness desk upstairs. You will reserve a bike when you sign in. For **all other cycle classes** bikes are first come first served.

*Space is limited in **TRX & Spartan Bootcamp** classes – please sign in at the Welcome Desk.

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
MORNING CLASSES	6:00-6:45am STAGES Cycle Rose	5:45-6:35am TRX Kathy (AC)	5:45-6:35am Bootcamp Rachel H. (AC)	6:00-6:45am STAGES Cycle Art	5:45-6:35am Bootcamp Austin (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 ♥		6:30-7:30am 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)
	8:30-9:30am STAGES Cycle Melanie		8:30-9:30am STAGES Cycle Cathy		8:30-9:30am STAGES Cycle Sky/Leon	8:30-9:30am STAGES Cycle Roseanne	9:00-10:00am Bellydance Elana ♥ (2 nd and 4 th Sunday)
		9:00-10:15am Step Summer/Julie	9:00-9:50am TRX Stephanie (AC)	9:00-10:00am Baby Buggy Bootcamp Mia (meet by the Stewart street entrance)	9:00-9:50 TRX Nasrina (AC)	9:00-10:00am Insanity Angela T.	9:00-9:50am TRX Staff (AC)
	9:00-10:00am PiYo/Mat Muscle Fusion Ellen S./Nasrina	10:30-11:45am Yoga Nicole M.	9:00-10:15am Power Sculpt Teja	9:00-10:15am Step Jack	9:00-10:15am Power Sculpt Teja		9:30-10:30am STAGES Cycle Melanie
	10:05-10:55am Urban Kick Daniel		10:20-10:50am Jump Rope HIIT Stephanie	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)
	11:00-11:55am Stay Fit Forever Deborah ♥		11:00-11:55am Stay Fit Forever Tredia ♥		11:00-11:55am 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 (Beginner Intro) Lisa G. ❤️
AFTERNOON/EVENING CLASSES	12:15-1:30pm STAGES Spin/Sculpt Sky	12:00-12:30pm TRX Express HIIT Stephanie (AC)	12:15-1:15pm STAGES Cycle Sky	12:00-12:50pm TRX Teja (AC)	12:15-1:30pm STAGES Spin/Sculpt Rose	12:00-1:00pm Zumba Gold Deborah ❤️	12:00-1:00pm Tai Chi Lisa G. ❤️
	1:15-2:15pm Gentle Yoga Nicole M. ❤️	12:30-1:00pm TRX Express Stretch & Strength Stephanie (AC)	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
		1:15-2:15pm Gentle Strength and Balance Susie ❤️	1:30-2:30pm Feldenkrais ❤️ Donna (Conf. Rm)	3:30-4:30pm Youth Aikido Jay \$			
	2:30-3:30pm Chair NIA Ana ❤️	1:30-3:00pm Tai Chi Lisa G. (Conf. Rm) ❤️	2:30-3:30pm Chair Yoga Emily ❤️	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	3:00-4:00pm Parkinson's Group Ex. JoRene/Diana (AC) *Pre-registration Required	5:30-6:30pm Shakti Naam Yoga ❤️ Sophie			5:00-6:30pm West African Dance OR Drumming Tyehimba
	5:30-6:30pm STAGES Cycle Martina	4:15-5:25pm Gentle Yoga Laura L. ❤️	5:30-6:30pm Cycle Beats Martina	5:30-6:30pm Feldenkrais ❤️ David (Conf. Rm)	4:00-5:00pm NIA Kim ❤️		
	6:00-7:00pm Meditation ❤️ Ann & Jeff (conference room) *Please note this class does not meet the last Monday of the month	5:30-6:30pm Spartan Bootcamp Daniel (AC)	5:30-6:45pm Prenatal Yoga Maggie (conference room)	6:00-6:30pm Intro/Express Cycle ❤️ Rachel M.	5:30-6:30pm Zumba Ellen D.		
	5:30-6:30pm Pilates Jasmine	6:00-6:30pm Intro/Express Cycle ❤️ Susie	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 \$			

- Refrain from using any personal electronic devices and smart phones in class. Devices should be silenced and stored at the back of the room.
- Children under 13 years of age are not permitted to attend classes unless the Associate Director of Health & Wellness has made an exception. Email Nasrina at nevenstar@scfymca.org to schedule a meeting to request an exception.
- For your safety and out of respect for others, please do not enter class already in session for more than 10 minutes. If you are new to a class, please arrive early to get oriented. If attending cycle for the first time arrive 10 minutes before class start time for bike setup.