



VIRTUAL FITNESS BUFFET

Each year, when the dishes and napkins settle, the Sonoma County Family Y sets out to help our community cease the Thanksgiving madness and **STOP THE GOBBLING!**

This is a great time for members to try out our virtual offerings, a new type of class or sample different instructors. Join us on Saturday, November 30th, starting at 9:00am. Try one, two, or all of our offerings from our healthy buffet of fitness feasting! Stay tuned for schedules!

****This year we will be offering our fitness classes virtually via zoom. More details coming soon! Keep checking our virtual classes' webpage for updates.***