



GOBBLESTOPPERS

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 GOBBLING!!

This is a great time for both current and prospective members to try out a new class and/or different instructors. Join us on Saturday, November 29th, starting at 8:00 am. Try any or all of our offerings from our healthy buffet of fitness feasting! **#GOBBLESTOPPERS!**

Looking for something fun to do with your friends & family? Make a play date at the Y! Friends and Family Weekend allows Facility Members to bring a guest each day (Nov 29 & 30) at no charge or use of your guest passes. Please stop by the Welcome Center.

Main Entrée (Group Ex Studio)

8:05-8:25 | BODYPUMP | Miguel
8:30-8:50 | Y's Way to Fitness | Tom
8:50-9:10 | Dance Fit | John
9:10-9:30 | Yoga | Mary
9:35-9:55 | BODYPUMP | Angela
10:00-10:20 | Zumba | Angel
10:20-10:40 | Mat Muscle | Rose
10:40-11:00 | Barre | Mia
11:05-11:25 | Step | Leon
11:30-11:50 | WARRIOR | Janelle
11:55-12:15 | Cardio Dance | Sasha
12:15-12:35 | Line Dance | Brenda
12:40-1:00 | Gentle Yoga | Laura

Sides (Activity Center)

9:15-9:35 | Zumba Gold | Deborah
9:40-10:00 | Cycle | Rose

Extra Gravy (Pool)

9:00-9:30 | Aqua Bootcamp | Berti
9:30-10:00 | Let's Noodle Around | Lorie
10:00-10:30 | Splash & Smile | Angela