

2022

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 26th**. 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 26 & Nov27) at no charge or use of your guest passes. Please stop by the Welcome Center.

The Main Entrée in Group Exercise Room

- 9:30-9:45 Kickboxing w/Leon
- 9:45-10:00 Power Sculpt w/Mia
- 10:00-10:15 Barre w/Mia
- 10:15-10:30 WARRIOR Rhythm w/Sasha
- 10:30-10:45 Y's Way to Fitness w/Tom
- 10:45-11:00 Tai Chi w/Diana
- 11:00-11:20 Yoga w/Diana
- 11:20-11:40 Muscle Mat w/Rose
- 11:40-11:55 Zumba Gold w/Deborah
- 11:55-12:15 Gentle Strength & Balance w/Teja
- 12:15-12:30 Foam Rolling w/Laura Lambert

Extra Gravy in the Activity Center

- 9:30-9:45 Zumba w/Ellen
- 9:45-10:05 Cycle w/Melanie
- 10:05-10:20 TRX w/Nasrina
- 10:25-10:45 Cycle w/Rose
- 10:50-11:10 Step w/ Leon
- 11:10-11:25 Zumba w/Angel
- 11:25-11:45 WARRIOR Strength w/Shayna
- 11:45-12:05 Cardio Core w/Nicole
- 12:05-12:20 Stay Fit Forever w/Deborah