

Group Fitness Schedule Sacramento Central YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> Bootcamp 5:40am-6:30am Chris</p>	<p> YMCA Strength 6:00am-6:50am Hallie</p>	<p> Bootcamp 5:40am-6:30am Chris</p>	<p> Circuit 6:00am-6:50am Hallie</p>	<p> Cycling 7:00am-7:45am Rosanna</p>	<p> Yoga: Vinyasa Flow 8:00am-8:50am Antoine</p>	<p> Bootcamp 9:30am-10:20am Sally</p>
<p> Cycling 7:00am-7:45am Kim</p>	<p> Tabata GX™ 7:00am-7:30am Elena</p>	<p> Cycling 7:00am-7:45am Michelle</p>	<p> Cycling 7:00am-7:30am Gary</p>	<p> Community Tai Chi 8:00am-9:00am Erik</p>	<p> Strength Train Together 9:00am-9:50am Hallie</p>	<p> Zumba® 10:30am-11:20am Corene</p>
<p> Community Tai Chi 8:00am-9:00am Frank K.</p>	<p> Cycling 7:00am-7:30am Gary</p>	<p> Community Tai Chi 8:00am-9:00am Frank K.</p>	<p> Core Conditioning 7:35am-7:55am Gary</p>	<p> Yoga: Gentle Hatha 8:00am-8:55am Kalyani</p>	<p> Zumba® Kids 9:00am-9:50am Corene</p>	
<p> Yoga: Mindful Flow 8:00am-8:55am Lisa</p>	<p> Core Conditioning 7:35am-7:55am Gary</p>	<p> Yoga: Hatha Vinyasa 8:00am-8:55am Robert</p>	<p> Tai Chi 8:00am-8:50am Michael</p>	<p> Meditation 9:00am-9:25am Kalyani</p>	<p> Zumba® 10:00am-10:50am Corene</p>	
<p> Head to Toe 9:30am-10:20am Dolly</p>	<p> Tai Chi 8:00am-8:50am Ron</p>	<p> Head to Toe 9:30am-10:20am Gary</p>	<p> YMCA Strength 9:15am-10:05am Michelle</p>	<p> Head to Toe 9:30am-10:20am Dolly</p>	<p> Barre Fusion 11:00am-11:50am Dolly</p>	
<p> Strength & Stability 9:30am-10:20am Sally</p>	<p> Feldenkrais 9:00am-10:00am Lisa</p>	<p> Strength & Stability 9:30am-10:20am Michelle</p>	<p> Stretching 9:15am-10:05am Teresa</p>	<p> Adaptive Circuit 9:40am-10:20am Michelle</p>		
<p> Stretch & Balance 10:30am-11:20am Mae</p>	<p> Stretching 9:15am-10:05am Teresa</p>	<p> Silver Sneakers® Classic 10:30am-11:20am Monty</p>	<p> YMCA Healthy Back 10:30am-11:20am Michelle</p>	<p> Circuit 10:30am-11:20am Michelle</p>		
<p> Intro to Line Dancing 10:30am-11:20am Vicki</p>	<p> Circuit 9:15am-10:05am Michelle</p>	<p> Intro to Line Dancing 10:30am-11:20am Vicki</p>	<p> Tai Chi Chih® 11:30am-12:20pm Elizabeth</p>	<p> Stretch & Balance 10:30am-11:20am Mae</p>		
<p> Zumba® Gold 11:30am-12:20pm Jackie</p>	<p> YMCA Strength 10:30am-11:20am Michelle</p>	<p> Hula for Health 11:30am-12:20pm Michelle</p>	<p> Zumba® Gold 12:30pm-1:20pm Jackie</p>	<p> Circuit 11:30am-12:20pm Cody</p>		
<p> Bootcamp 12:30pm-1:20pm Sally</p>	<p> Dance Aerobics 11:30am-12:20pm Teresa</p>	<p> Step & Tone 12:30pm-1:20pm Elena</p>	<p> Strength Train Together 5:30pm-6:20pm Hallie</p>	<p> Zumba® 5:30pm-6:20pm Dina</p>		
<p> Barre Above® 5:30pm-6:20pm Elena</p>	<p> Walk for Wellness 11:45am-12:35pm Michelle</p>	<p> Kidding Around Yoga 4:30pm-5:20pm Genesis</p>	<p> Yoga: Mindful Flow 6:30pm-7:20pm Ana</p>			
<p> Circuit 6:30pm-7:20pm Marysol</p>	<p> Qigong (Tai Chi) 12:30pm-1:20pm Martine</p>	<p> Yoga: Gentle Hatha 4:30pm-5:20pm Tanu</p>				
<p> Tai Chi 8:00pm-9:30pm Stan</p>	<p> Soul Strength Dance@ 5:30pm-6:20pm Dolly</p>	<p> Zumba® 5:30pm-6:20pm Dina</p>				
	<p> Yoga: Vinyasa Flow 6:30pm-7:20pm Antoine</p>	<p> Bootcamp 6:30pm-7:20pm Sally</p>				
		<p> Tai Chi 8:00pm-9:30pm Stan</p>				

Key

New class
Studio A
Studio B
Gymnasium
Weight Room

All classes and instructors are subject to change at any time (including cancelations).

For class format details, please review our Class Descriptions.

Our current Group Fitness Schedule can also be found on our website.