

Group Fitness Schedule Sacramento Central YMCA

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

Key

	Studio A
	Studio B
	Gymnasium
	Weight Room

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

For class format details, please review our Class Descriptions.

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