



## Rollingwood YMCA | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Pool</b> Outdoor Pool	5:30AM-6:00AM (Open Swim)  11:30AM-5:00PM (Open Swim)	5:30AM-5:00PM (Open Swim)	5:30AM-6:00AM (Open Swim)  11:30AM-5:00PM (Open Swim)	5:30AM-5:00PM (Open Swim)	5:30AM-6:00AM (Open Swim)  7:00AM-5:00PM (Open Swim)	7:00AM-6:45PM (Open Swim)	7:00AM-6:45PM (Open Swim)
<b>Open Pool</b> Indoor Pool	5:30AM-9:30AM (Open Swim)  10:30AM-12:00PM (Open Swim)  6:15PM-8:45PM (Open Swim)	5:30AM-9:30AM (Open Swim)  11:45AM-3:00PM (Open Swim)  7:00PM-8:45PM (Open Swim)	5:30AM-9:30AM (Open Swim)  10:30AM-12:00PM (Open Swim)  6:15PM-8:45PM (Open Swim)	5:30AM-9:30AM (Open Swim)  11:45AM-3:00PM (Open Swim)  7:00PM-8:45PM (Open Swim)	5:30AM-9:30AM (Open Swim)  10:30AM-4:00PM (Open Swim)  5:00PM-8:45PM (Open Swim)	7:00AM-10:30AM (Open Swim)  3:00PM-6:45PM (Open Swim)	7:00AM-12:00PM (Open Swim)  1:00PM-6:45PM (Open Swim)
<b>Master's Swimming</b> Outdoor Pool	6:00AM-7:00AM (Water Classes)		6:00AM-7:00AM (Water Classes)		6:00AM-7:00AM (Water Classes)		
<b>HIIT</b> Functional Fitness Studio A	7:00AM-8:00AM (Strength) <i>Christina R.</i>		7:00AM-8:00AM (Strength) <i>Kevin G.</i>		7:00AM-8:00AM (Strength) <i>Christina R.</i>		
<b>Yoga Flow</b> Group Ex Studio	7:45AM-8:45AM (Restore) <i>Kate T.</i>				7:45AM-8:45AM (Restore) <i>Emily K.</i>		
<b>Pilates Reformer (\$)</b> <b>Rollingwood</b> Pilates Studio	8:15AM-9:15AM (Pilates Reformer Classes) <i>Fernanda L.</i>  5:30PM-6:30PM (Pilates Reformer Classes) <i>Fernanda L.</i>	8:30AM-9:30AM (Pilates Reformer Classes) <i>Stefanie F.</i>	7:00AM-8:00AM (Pilates Reformer Classes) <i>Fernanda L.</i>  8:15AM-9:15AM (Pilates Reformer Classes) <i>Fernanda L.</i>  9:30AM-10:30AM (Pilates Reformer Classes) <i>Fernanda L.</i>	9:30AM-10:30AM (Pilates Reformer Classes) <i>Fernanda L.</i>	6:30AM-7:30AM (Pilates Reformer Classes) <i>Fernanda L.</i>  10:30AM-11:30AM (Pilates Reformer Classes) <i>Fernanda L.</i>		
<b>Body Blast</b> Group Ex Studio	9:00AM-10:00AM (Strength) <i>Affi E.</i>				9:00AM-10:00AM (Strength) <i>Affi E.</i>		
<b>Splash &amp; Tone</b> Indoor Pool	9:30AM-10:30AM (Water Classes) <i>Karalynn P.</i>	9:30AM-10:30AM (Water Classes) <i>Karalynn P.</i>		9:30AM-10:30AM (Water Classes) <i>Joi Lynn H.</i>	9:30AM-10:30AM (Water Classes) <i>Karalynn P.</i>		
<b>TRX</b> Functional Fitness Studio B	9:30AM-10:30AM (Strength) <i>Fernanda L.</i>						

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>YMCA Fall Prevention at Kaiser Permanente Riverside Medical Offices 1011 Riverside Ave, Roseville, CA 95678 Pavillion Conference Rooms C &amp; D</b> Kaiser Permanente Riverside Medical Offices 1011 Riverside Ave, Roseville, CA 95678 Pavillion Conference Rooms C & D (OFF-SITE)	10:00AM-11:00AM (Strength) <i>Christina R.</i>		10:00AM-11:00AM (Strength) <i>Christina R.</i>				
<b>Yoga Gentle</b> Group Ex Studio	10:15AM-11:15AM (Restore) <i>Kate T.</i>						
<b>Swim FUNdamentals</b> Outdoor Pool	10:30AM-11:30AM (Water Classes)		10:30AM-11:30AM (Water Classes)				
<b>Chair Fitness</b> Group Ex Studio	11:30AM-12:20PM (Strength) <i>Brian O.</i>						
<b>Swim Lessons- Open Pool</b> Indoor Pool	12:00PM-4:00PM (Swim Lessons)		12:00PM-4:00PM (Swim Lessons)				
<b>Stretching Chair</b> Group Ex Studio	1:30PM-2:30PM (Restore) <i>Brian O.</i>						
<b>Swim Team- Rollingwood Rockets</b> Indoor Pool	4:00PM-5:00PM (Swim Team)	4:00PM-5:00PM (Swim Team)	4:00PM-5:00PM (Swim Team)	4:00PM-5:00PM (Swim Team)	4:00PM-5:00PM (Swim Team)		
<b>Swim Team- Rollingwood Rockets</b> Outdoor Pool	5:00PM-8:30PM (Swim Team)	5:00PM-8:30PM (Swim Team)	5:00PM-8:30PM (Swim Team)	5:00PM-8:30PM (Swim Team)	5:00PM-8:30PM (Swim Team)		
<b>Aqua Blast</b> Indoor Pool	5:15PM-6:15PM (Water Classes) <i>Joilynn H.</i>		9:30AM-10:30AM (Water Classes) <i>Ivonne M.</i>  5:15PM-6:15PM (Water Classes) <i>Joilynn H.</i>				
<b>Tai Chi</b> Group Ex Studio	6:00PM-7:00PM (Restore) <i>Showen F.</i>			8:00AM-8:50AM (Restore) <i>Showen F.</i>			
<b>HIIT Circuit</b> Group Ex Studio		7:00AM-8:00AM (Strength) <i>Brigitta T.</i>					
<b>Kettlebell</b> Functional Fitness Studio A		8:00AM-9:00AM (Strength) <i>Brigitta T.</i>		8:00AM-9:00AM (Strength) <i>Christina R.</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Cycling</b> Cycle		9:00AM-10:00AM (Cardio) <i>Holly K.</i>		9:00AM-10:00AM (Cardio) <i>Holly K.</i>			
<b>Core + More</b> Group Ex Studio		9:00AM-10:00AM (Core) <i>Brian O.</i>		10:00AM-11:00AM (Core) <i>Holly K.</i>			
<b>Body Sculpt</b> Group Ex Studio		10:00AM-11:00AM (Strength) <i>Holly K.</i>					
<b>Water Arthritis</b> Indoor Pool		10:45AM-11:45AM (Water Classes) <i>Joilynn H.</i>		10:45AM-11:45AM (Water Classes) <i>Joilynn H.</i>			
<b>Beginning Balance</b> Group Ex Studio		11:30AM-12:30PM (Restore) <i>Paula A.</i>			2:00PM-3:00PM (Restore) <i>Paula A.</i>		
<b>Yoga Chair</b> Group Ex Studio		12:30PM-1:30PM (Restore) <i>Paula A.</i>	2:00PM-3:00PM (Restore) <i>Paula A.</i>	1:30PM-2:30PM (Restore) <i>Paula A.</i>			
<b>Groove and Strength</b> Group Ex Studio		1:30PM-2:30PM (Cardio) <i>Paula A.</i>			12:30PM-1:20PM (Cardio) <i>Sednima S.</i>		
<b>Swim Lessons</b> Indoor Pool		3:00PM-7:00PM (Swim Lessons)		3:00PM-7:00PM (Swim Lessons)		11:30AM-3:00PM (Swim Lessons)	
<b>Lift Heavier Older Adult- SGT \$</b> Functional Fitness Studio A		3:30PM-4:30PM (Strength) <i>Kevin G.</i>  4:30PM-5:30PM (Strength) <i>Kevin G.</i>  5:30PM-6:30PM (Strength) <i>Kevin G.</i>		3:30PM-4:30PM (Strength) <i>Kevin G.</i>  4:30PM-5:30PM (Strength) <i>Kevin G.</i>  5:30PM-6:30PM (Strength) <i>Kevin G.</i>			
<b>Zumba</b> Group Ex Studio		5:30PM-6:30PM (Cardio) <i>Kang P.</i>					11:00AM-12:00PM (Cardio) <i>Sednima S.</i>
<b>Yoga Vin Yin</b> Group Ex Studio		6:30PM-7:20PM (Restore) <i>Emily K.</i>					
<b>Yoga Vinyasa</b> Group Ex Studio			7:45AM-8:45AM (Restore) <i>Emily K.</i>				9:30AM-10:30AM (Restore) <i>Affi E.</i>
<b>Stretch, Core &amp; More</b> Group Ex Studio			9:00AM-9:50AM (Core) <i>Sandra D.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Total Barre</b> Group Ex Studio			10:15AM-11:15AM (Core) <i>Affi E.</i>		10:15AM-11:15AM (Core) <i>Affi E.</i>		
<b>Perfect Balance</b> Group Ex Studio			11:30AM-12:30PM (Restore) <i>Brigitta T.</i>				
<b>Zumba Gold</b> Group Ex Studio				11:00AM-11:45AM (Cardio) <i>Sednima S.</i>			
<b>Core + More Gentle</b> Group Ex Studio				12:00PM-1:00PM (Core) <i>Toni M.</i>			
<b>Stretching</b> Group Ex Studio				6:30PM-7:30PM (Restore) <i>Brian O.</i>		7:45AM-8:45AM (Restore) <i>Brian O.</i>	
<b>Cycling Sculpt</b> Cycle					9:00AM-10:00AM (Cardio) <i>Christina R.</i>	8:45AM-9:45AM (Cardio) <i>Philipp S.</i>	
<b>Body Circuit</b> Functional Fitness Studio B					11:30AM-12:30PM (Strength) <i>Fernanda L.</i>		
<b>Aqua Blast</b> Outdoor Pool						10:30AM-11:30AM (Water Classes) <i>Debbie R.</i>	
<b>Strength &amp; Tone</b> Group Ex Studio							8:30AM-9:30AM (Strength) <i>Affi E.</i>
<b>Aqua Zumba</b> Indoor Pool							12:00PM-1:00PM (Aqua Zumba) <i>Karalynn P.</i>



## Sacramento Central YMCA | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b> Indoor Pool	5:30AM-10:15AM (Lap Swim)	5:30AM-9:00AM (Lap Swim)  10:00AM-11:00AM (Lap Swim)	5:30AM-10:15AM (Lap Swim)	5:30AM-8:00AM (Lap Swim)	5:30AM-10:15AM (Lap Swim)		
<b>Pick up Basketball</b> Gymnasium	5:30AM-8:50AM (Open Gym)		5:30AM-8:50AM (Open Gym)		5:30AM-8:50AM (Open Gym)		
<b>Ballet Barre</b> Studio A	7:00AM-7:50AM (Core) <i>Jackie W.</i>		7:00AM-7:50AM (Core) <i>Jackie W.</i>				
<b>Tai Chi</b> Studio A	8:00AM-8:50AM (Restore) <i>Ron O.</i>	7:30PM-9:00PM (Restore) <i>Stan Y.</i>	8:00AM-8:50AM (Restore) <i>Ron O.</i>	7:30PM-9:00PM (Restore) <i>Stan Y.</i>			
<b>Strength &amp; Stability</b> Gymnasium	9:00AM-9:50AM (Group Fitness) <i>Jackie W.</i>						
<b>Pilates Mat Intermediate</b> Studio A	9:00AM-9:50AM (Core) <i>Tia K.</i>						
<b>Strength &amp; Stability Intervals</b> Gymnasium	9:00AM-9:50AM (Strength) <i>Jackie W.</i>						
<b>Dance Aerobics</b> Gymnasium	10:00AM-11:00AM (Class) <i>Teresa L.</i>  10:00AM-10:50AM (Cardio) <i>Traci M.</i>						
<b>Core Express</b> Studio A	10:00AM-10:30AM (Core) <i>Tia K.</i>						
<b>Water Arthritis</b> Indoor Pool	10:30AM-11:15AM (Water Classes)		10:30AM-11:15AM (Water Classes)		10:30AM-11:15AM (Water Classes)		
<b>Rainy Day Pickleball (Rainy Days Only)</b> Gymnasium	11:00AM-1:00PM (Rainy Day Pickleball (rainy days only))						
<b>YMCA Fall Prevention (Strength &amp; Balance)</b> Studio A	11:00AM-11:50AM (Strength) <i>Jackie W.</i>	2:00PM-2:50PM (Strength) <i>Jackie W.</i>	11:00AM-11:50AM (Strength) <i>Amy N.</i>	10:00AM-10:50AM (Strength) <i>Elias E.</i>	11:00AM-11:50AM (Strength) <i>Elias E.</i>		
<b>Lap Swim- Self Exercise</b> Indoor Pool	11:15AM-1:00PM (Lap Swim)	12:00PM-2:00PM (Lap Swim)	11:30AM-1:00PM (Lap Swim)	12:00PM-2:00PM (Lap Swim)	11:30AM-1:00PM (Lap Swim)		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Lift Heavier Older Adult-SGT \$</b> Studio B	11:30AM-12:30PM (Strength) <i>Jennifer K.</i>  12:45PM-1:45PM (Strength) <i>Jennifer K.</i>	11:30AM-12:30PM (Strength) <i>Jennifer K.</i>  12:30PM-1:30PM (Strength) <i>Jennifer K.</i>		11:30AM-12:30PM (Strength) <i>Jennifer K.</i>  12:30PM-1:30PM (Strength) <i>Jennifer K.</i>	11:30AM-12:30PM (Strength) <i>Jennifer K.</i>  12:45PM-1:45PM (Strength) <i>Jennifer K.</i>		
<b>Water Exercise</b> Indoor Pool	1:00PM-2:00PM (Water Classes)			7:00PM-8:15PM (Water Classes)	1:00PM-2:00PM (Water Classes)		
<b>Open Swim</b> Indoor Pool	2:00PM-3:30PM (Open Swim)  7:00PM-9:00PM (Open Swim)	2:00PM-3:30PM (Open Swim)  8:15PM-8:45PM (Open Swim)	2:00PM-3:30PM (Open Swim)  7:00PM-8:45PM (Open Swim)	2:00PM-3:30PM (Open Swim)  8:15PM-8:45PM (Open Swim)	2:00PM-7:45PM (Open Swim)		
<b>Swim Lessons- Lap Swim</b> Indoor Pool	3:30PM-6:00PM (Swim Lessons)	3:30PM-6:00PM (Swim Lessons)	3:30PM-6:00PM (Swim Lessons)	3:30PM-6:00PM (Swim Lessons)			
<b>STRENGTH and WELLNESS COACHING SGT (\$)</b> Studio B	4:00PM-5:00PM (Strength) <i>Jennifer K.</i>	5:30PM-6:30PM (Strength) <i>Jennifer K.</i>		5:30PM-6:30PM (Strength) <i>Jennifer K.</i>	4:00PM-5:00PM (Strength) <i>Jennifer K.</i>		
<b>Youth Basketball - Half Court Closed</b> Gymnasium	4:30PM-7:00PM (Youth Basketball)		4:30PM-7:00PM (Youth Basketball)	4:45PM-7:00PM (Youth Basketball)			
<b>Half Court Open gym</b> Gymnasium	4:30PM-7:00PM (Open Gym)		4:30PM-7:00PM (Open Gym)	4:30PM-7:00PM (Open Gym)			
<b>Strength Circuit</b> Studio A	4:30PM-5:20PM (Strength) <i>Lily G.</i>  5:30PM-6:20PM (Strength) <i>Lily G.</i>		4:30PM-5:20PM (Strength) <i>Lily G.</i>  5:30PM-6:20PM (Strength) <i>Lily G.</i>				
<b>Swim Lessons - No Lap Swim</b> Indoor Pool	6:00PM-7:00PM (Swim Lessons)	6:00PM-7:00PM (Swim Lessons)	6:00PM-7:00PM (Swim Lessons)	6:00PM-7:00PM (Swim Lessons)			
<b>Cycling</b> Studio B	6:00PM-6:50PM (Cardio) <i>Jenna K.</i>	7:00AM-7:50AM (Cardio) <i>Jensen B.</i>	6:00PM-6:50PM (Cardio) <i>Jenna K.</i>	7:00AM-7:50AM (Cardio) <i>Jensen B.</i>		8:00AM-9:00AM (Cardio) <i>Jenna K.</i>  9:00AM-9:50AM (Cardio) <i>Jenna K.</i>	9:10AM-10:00AM (Cardio) <i>Holly K.</i>
<b>Zumba</b> Studio A	6:30PM-7:20PM (Cardio) <i>Taylor H.</i>			5:30PM-6:20PM (Cardio) <i>Molly G.</i>	5:30PM-6:20PM (Cardio) <i>Corene M.</i>	10:00AM-10:50AM (Cardio) <i>Corene M.</i>	9:30AM-10:20AM (Cardio) <i>Traci M.</i>
<b>Lap Swim- Reduced Lanes</b> Indoor Pool	7:00PM-8:00PM (Lap Swim)	7:15PM-8:15PM (Lap Swim)  7:15PM-8:15PM (Lap Swim)		10:00AM-11:00AM (Lap Swim)			
<b>Open Basketball Gym</b> Gymnasium		5:30AM-8:50AM (Open Basketball Gym)  3:15PM-4:45PM (Open Basketball Gym)		5:30AM-8:50AM (Open Basketball Gym)			
<b>Bootcamp</b> Studio A		6:00AM-6:50AM (Strength) <i>Hallie F.</i>		6:00AM-6:50AM (Strength) <i>Hallie F.</i>		9:00AM-9:50AM (Strength) <i>Elias E.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga Flow</b> Studio A		8:00AM-8:50AM (Restore) <i>Vanessa O.</i>					
<b>Head to Toe</b> Gymnasium		9:00AM-10:00AM (Head To Toe) <i>Staff S.</i>  9:00AM-9:50AM (Strength) <i>Amy N.</i>		9:00AM-10:00AM (Head To Toe)  9:00AM-9:50AM (Strength) <i>Elias E.</i>			
<b>Lap Swim- Navy Swim Test</b> Indoor Pool		9:00AM-10:00AM (Lap Swim)		8:00AM-10:00AM (Lap Swim)			
<b>Indoor Pickleball Play</b> Gymnasium		10:00AM-12:00PM (Pickleball)					
<b>Water Aerobics</b> Indoor Pool		11:00AM-12:00PM (Water Classes) <i>Teresa L.</i>  7:00PM-8:15PM (Water Classes) <i>Julie M.</i>	1:00PM-2:00PM (Water Classes)	11:00AM-12:00PM (Water Classes) <i>Angel T.</i>			
<b>Yoga All Levels</b> Studio A		5:30PM-6:20PM (Restore) <i>Lisa J.</i>					10:30AM-11:20AM (Restore) <i>Rio F.</i>  11:30AM-12:20PM (Restore) <i>Rio F.</i>
<b>BollyX</b> Studio A		6:30PM-7:20PM (Cardio) <i>Celestine H.</i>					
<b>Stretching/Core Express</b> Gymnasium			9:00AM-10:00AM (Class) <i>Teresa L.</i>				
<b>Stretching</b> Gymnasium			9:00AM-9:50AM (Restore) <i>Teresa L.</i>		9:00AM-10:00AM (Class) <i>Jackie W.</i>		
<b>Strength &amp; Stability Intervals</b> Studio A			9:00AM-9:50AM (Strength) <i>Muhammad A.</i>		9:00AM-9:50AM (Strength) <i>Elias E.</i>		
<b>YMCA Fall Prevention at Belle Cooledege *Register at Belle Cooledege (916) 808-5610 or <a href="http://www.cityofsacramento.gov/ypce/community-centers/belle-cooledege">www.cityofsacramento.gov/ypce/community-centers/belle-cooledege</a></b> Belle Cooledege Community Center (OFFSITE)			9:30AM-10:15AM (Strength) <i>Jackie W.</i>  10:30AM-11:30AM (Strength) <i>Jackie W.</i>		9:30AM-10:30AM (Strength) <i>Tia K.</i>  10:30AM-11:30AM (Strength) <i>Tia K.</i>		
<b>Gym Cleaning</b> Gymnasium			10:00AM-11:00AM (Cleaning )	12:00PM-1:00PM (Cleaning )			
<b>Pilates Mat Beginner</b> Studio A			10:00AM-10:50AM (Core) <i>Teresa L.</i>				
<b>YMCA Strength</b> Studio A			12:00PM-12:50PM (Strength) <i>Amy N.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>YMCA Fall Prevention at ACC Senior Services *Register at ACC (916) 393-9026 / www.accsv.org</b> ACC Senior Services (OFFSITE)			1:30PM-2:30PM (Strength) <i>Rio F.</i>				
<b>Qigong</b> Studio A				8:00AM-8:50AM (Restore) <i>James S.</i>	8:00AM-8:50AM (Restore) <i>Tia K.</i>		
<b>Zumba Gold</b> Studio A				9:00AM-9:50AM (Cardio) <i>Sednima S.</i>	10:00AM-10:50AM (Cardio) <i>Jackie W.</i>		
<b>Indoor Open Pickleball</b> Gymnasium				10:00AM-12:00PM (Pickleball)			
<b>Yoga: Yin</b> Studio A				6:30PM-7:20PM (Restore) <i>Vanessa O.</i>			
<b>HIIT</b> Studio A					6:00AM-6:50AM (Strength) <i>Lily G.</i>		
<b>YMCA Activity</b> Gymnasium					8:30AM-2:00PM (Other)		
<b>Youth Basketball Games</b> Gymnasium					4:45PM-7:45PM (Youth Basketball)  4:45PM-7:30PM (Youth Basketball)		
<b>Lap Swim - Saturday</b> Indoor Pool						7:00AM-9:00AM (Lap Swim)	
<b>Body Sculpt</b> Studio A						11:00AM-11:50AM (Strength) <i>Corene M.</i>	
<b>Family Swim</b> Indoor Pool						2:15PM-5:45PM (Special Events)	2:15PM-5:45PM (Special Events)
<b>Lap Swim- Swim Lessons</b> Indoor Pool							9:00AM-2:00PM (Lap Swim)
<b>Adult Basketball - Closed gym</b> Gymnasium							9:15AM-1:15PM (Adult Sports)
<b>Ova (Rick Reyes) Volleyball Rental Full Court</b> Gymnasium							2:00PM-6:00PM (Ova (Rick Reyes) Volleyball Rental Full Court)



## Capital YMCA | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b> Outdoor Pool	7:00AM-12:00PM (Lap Swim)  4:00PM-7:00PM (Lap Swim)	7:00AM-12:00PM (Lap Swim)  4:00PM-7:00PM (Lap Swim)	7:00AM-12:00PM (Lap Swim)  4:00PM-7:00PM (Lap Swim)	7:00AM-12:00PM (Lap Swim)  4:00PM-7:00PM (Lap Swim)	7:00AM-12:00PM (Lap Swim)  4:00PM-7:00PM (Lap Swim)	7:00AM-12:00PM (Lap Swim)	9:00AM-12:00PM (Lap Swim)
<b>Pilates Reformer (\$)</b> <b>Capital YMCA</b> Pilates Studio	7:00AM-8:00AM (Pilates Reformer Classes) <i>Tia K.</i>	7:00AM-7:50AM (Pilates Reformer Classes) <i>Tia K.</i>  5:30PM-6:30PM (Pilates Reformer Classes) <i>Tia K.</i>	7:00AM-8:00AM (Pilates Reformer Classes) <i>Tia K.</i>  12:00PM-1:00PM (Pilates Reformer Classes) <i>Mari M.</i>	7:00AM-8:00AM (Pilates Reformer Classes) <i>Tia K.</i>  11:00AM-12:00PM (Pilates Reformer Classes) <i>Stefanie F.</i>  5:30PM-6:30PM (Pilates Reformer Classes) <i>Elizabeth B.</i>	7:00AM-8:00AM (Pilates Reformer Classes) <i>Tia K.</i>  9:30AM-10:30AM (Pilates Reformer Classes) <i>Mari M.</i>		
<b>Yoga Flow</b> Mind and Body Studio	8:00AM-8:50AM (Restore) <i>Miranda C.</i>						
<b>Adult Pick Up Basketball</b> Gymnasium	1:00PM-3:00PM (Open Gym)				11:00AM-2:00PM (Open Gym)		
<b>Over 40 Pick Up Basketball</b> Gymnasium	4:00PM-6:00PM (Open Gym)		12:00PM-2:00PM (Open Gym)  4:00PM-5:55PM (Open Gym)				
<b>Pilates Props SGT (\$)</b> Group Fitness		8:00AM-9:00AM (Strength) <i>Tia K.</i>  9:00AM-10:00AM (Strength) <i>Tia K.</i>		8:00AM-9:00AM (Strength) <i>Tia K.</i>  9:00AM-9:00AM (Strength) <i>Tia K.</i>			
<b>Ballet Barre</b> Group Fitness		12:00PM-12:50PM (Core) <i>Jackie W.</i>					
<b>Dry Tri: Ride-Lift-Core (\$)</b> Group Fitness		4:30PM-5:30PM (Strength) <i>Tia K.</i>		4:30PM-5:30PM (Strength) <i>Tia K.</i>			
<b>Strength Circuit</b> Group Fitness		5:30PM-6:20PM (Strength) <i>Lily G.</i>					

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Full Court Rental</b> Gymnasium		6:00PM-8:00PM (Rental)					
<b>STRONG Nation®</b> Group Fitness		6:30PM-7:20PM (Strength) <i>Sednima S.</i>					
<b>Zumba</b> Group Fitness			6:30PM-7:20PM (Cardio) <i>Kang P.</i>				
<b>Qigong</b> Group Fitness				10:00AM-10:50AM (Restore) <i>James S.</i>			
<b>Pilates Mat All Levels</b> Group Fitness				12:00PM-12:50PM (Core) <i>Stefanie F.</i>			
<b>Pilates Mat All Levels</b> Mind and Body Studio				4:30PM-5:20PM (Core) <i>Elizabeth B.</i>			
<b>Zumba Toning</b> Group Fitness							9:15AM-10:00AM (Strength) <i>Sednima S.</i>



## Yolo County YMCA College Street | April 27th - May 3rd

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Open Gym</b> Fireside Room	9:00AM-1:00PM (Open Gym)	9:00AM-1:00PM (Open Gym)	9:00AM-1:00PM (Open Gym)	9:00AM-1:00PM (Open Gym)	9:00AM-1:00PM (Open Gym)		
<b>Yoga Chair</b> College St: Gymnasium	9:00AM-9:50AM (Restore) <i>Jennifer H.</i>				9:00AM-9:50AM (Restore) <i>Jennifer H.</i>		
<b>Tai Chi</b> College St: Gymnasium	10:00AM-10:50AM (Restore) <i>Daniel P.</i>						
<b>Indoor Open Pickleball</b> College St: Gymnasium	11:00AM-1:00PM (Pickleball)		12:00PM-2:00PM (Pickleball)		11:00AM-1:00PM (Pickleball)		
<b>Pilates Mat Beginner</b> College St: Gymnasium		8:00AM-8:50AM (Core) <i>Jennifer H.</i>					
<b>Core + More Gentle</b> College St: Gymnasium			10:00AM-11:00AM (Core) <i>John B.</i>				
<b>Pilates Chair</b> College St: Gymnasium				8:00AM-8:50AM (Core) <i>Jennifer H.</i>			



## Woodland YMCA Gym and Fitness Center | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Viniyoga</b> Fitness Center: Gymnasium	5:30PM-6:20PM (Restore) <i>Jennifer H.</i>		5:30PM-6:20PM (Restore) <i>Jennifer H.</i>		5:30PM-6:20PM (Restore) <i>Lauren P.</i>		
<b>Cycling Open</b> Fitness Center: Gymnasium		6:30AM-7:20AM (Cardio) <i>Kelly H.</i>			6:30AM-7:20AM (Cardio) <i>Kelly H.</i>		
<b>Chair Fitness</b> Fitness Center: Gymnasium		11:30AM-12:10PM (Strength) <i>Sabrina V.</i>		11:30AM-12:10PM (Strength) <i>Sabrina V.</i>			
<b>Zumba</b> Fitness Center: Gymnasium		5:30PM-6:20PM (Cardio) <i>Vanessa G.</i>		5:30PM-6:20PM (Cardio) <i>Vanessa G.</i>			
<b>Yoga Flow</b> Fitness Center: Gymnasium		6:30PM-7:20PM (Restore) <i>Ebony M.</i>		6:30PM-7:20PM (Restore) <i>Lauren P.</i>			
<b>Pilates Mat Beginner</b> Fitness Center: Gymnasium			7:00AM-7:50AM (Core) <i>Jennifer H.</i>				
<b>Tai Chi</b> Fitness Center: Gymnasium			11:30AM-12:10PM (Restore) <i>Daniel P.</i>		11:30AM-12:10PM (Restore) <i>Daniel P.</i>		