



Rollingwood YMCA | May 25th - May 31st

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|--|---|---|
| Open Pool 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) |
| Open Pool Indoor Pool | 5:30AM-9:30AM (Open Swim) 10:30AM-12:00PM (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) |
| Master's Swimming Outdoor Pool | 6:00AM-7:00AM (Water Classes) | | 6:00AM-7:00AM (Water Classes) | | 6:00AM-7:00AM (Water Classes) | | |
| Yoga Flow Group Ex Studio | 7:45AM-8:45AM (Restore) <i>Kate T.</i> | | | | 7:45AM-8:45AM (Restore) <i>Emily K.</i> | | |
| Pilates Reformer (\$) Rollingwood Pilates Studio | 8:15AM-9:15AM (Pilates Reformer Classes) <i>Stefanie F.</i> | 8:30AM-9:30AM (Pilates Reformer Classes) <i>Heather M.</i> 9:30AM-10:30AM (Pilates Reformer Classes) <i>Heather M.</i> 5:30PM-6:30PM (Pilates Reformer Classes) <i>Fernanda L.</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> 10:30AM-11:30AM (Pilates Reformer Classes) <i>Heather M.</i> | 6:30AM-7:30AM (Pilates Reformer Classes) <i>Fernanda L.</i> 10:30AM-11:30AM (Pilates Reformer Classes) <i>Fernanda L.</i> | | |
| Body Blast Group Ex Studio | 9:00AM-10:00AM (Strength) <i>Sandra D.</i> | | 5:00PM-6:00PM (Strength) <i>Affi E.</i> | | 9:00AM-10:00AM (Strength) <i>Affi E.</i> | | |
| Splash & Tone 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>Karalynn P.</i> | 9:30AM-10:30AM (Water Classes) <i>Karalynn P.</i> | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|--|---|----------|--------|
| YMCA Fall Prevention: Strength & Balance / Kaiser Permanente Riverside Medical Offices 1011 Riverside Ave, Roseville, CA 95678 Pavillion Conference Rooms C & D Kaiser Permanente Riverside Medical Offices 1011 Riverside Ave, Roseville, CA 95678 Pavillion Conference Rooms C & D (OFF-SITE) | 10:00AM-10:45AM (Strength) <i>Christina R.</i> | | 10:00AM-10:45AM (Strength) <i>Christina R.</i> | | | | |
| Yoga Gentle Group Ex Studio | 10:15AM-11:15AM (Restore) <i>Kate T.</i> | | | | | | |
| Swim FUNdamentals Outdoor Pool | 10:30AM-11:30AM (Water Classes) | | 10:30AM-11:30AM (Water Classes) | | | | |
| Chair Fitness Group Ex Studio | 11:30AM-12:20PM (Strength) <i>Brian O.</i> | | | | | | |
| Swim Lessons- Open Pool Indoor Pool | 12:00PM-4:00PM (Swim Lessons) | | 12:00PM-4:00PM (Swim Lessons) | | | | |
| Stretching Chair Group Ex Studio | 1:30PM-2:30PM (Restore) <i>Brian O.</i> | | | | | | |
| Swim Team- Rollingwood Rockets 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) | | |
| Swim Team- Rollingwood Rockets 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) | | |
| Core + More Group Ex Studio | | 9:00AM-10:00AM (Core) <i>Brian O.</i> | | 10:00AM-11:00AM (Core) <i>Holly K.</i> | | | |
| Cycling Cycle | | 9:00AM-10:00AM (Cardio) <i>Holly K.</i> | | 9:00AM-10:00AM (Cardio) <i>Holly K.</i> | | | |
| Body Sculpt Group Ex Studio | | 10:00AM-11:00AM (Strength) <i>Holly K.</i> | | | | | |
| Water Arthritis Indoor Pool | | 10:45AM-11:45AM (Water Classes) <i>Joilynn H.</i> | | 10:45AM-11:45AM (Water Classes) <i>Karalynn P.</i> | | | |
| Beginning Balance Group Ex Studio | | 11:30AM-12:30PM (Restore) <i>Paula A.</i> | | | 2:00PM-3:00PM (Restore) <i>Rio F.</i> | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|--|---|--|---|----------------------------------|--|
| Yoga Chair 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>Sandra D.</i> | | | |
| Groove and Strength Group Ex Studio | | 1:30PM-2:30PM (Cardio) <i>Paula A.</i> | | | 12:30PM-1:20PM (Cardio) <i>Sednima S.</i> | | |
| Swim Lessons Indoor Pool | | 3:00PM-7:00PM (Swim Lessons) | | 3:00PM-7:00PM (Swim Lessons) | | 11:30AM-3:00PM (Swim Lessons) | |
| Lift Heavier Older Adult-SGT \$ 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> | | | |
| Zumba Group Ex Studio | | 5:30PM-6:30PM (Cardio) <i>Kang P.</i> | | | | | 11:00AM-12:00PM (Cardio) <i>Sednima S.</i> |
| Yoga Vin Yin Group Ex Studio | | 6:30PM-7:20PM (Restore) <i>Emily K.</i> | | | | | |
| HIIT Functional Fitness Studio A | | | 7:00AM-8:00AM (Strength) <i>Kevin G.</i> | | | | |
| Yoga Vinyasa Group Ex Studio | | | 7:45AM-8:45AM (Restore) <i>Emily K.</i> | | | | 9:30AM-10:30AM (Restore) <i>Affi E.</i> |
| Stretch, Core & More Group Ex Studio | | | 9:00AM-9:50AM (Core) <i>Sandra D.</i> | | | | |
| Aqua Blast Indoor Pool | | | 9:30AM-10:30AM (Water Classes) <i>Ivonne M.</i> 5:15PM-6:15PM (Water Classes) <i>Joi Lynn H.</i> | | | | |
| TRX Functional Fitness Studio B | | | 9:30AM-10:30AM (Strength) <i>Heather M.</i> | | | | |
| Total Barre Group Ex Studio | | | 10:15AM-11:15AM (Core) <i>Affi E.</i> | | 10:15AM-11:15AM (Core) <i>Affi E.</i> | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|--|--|---|--|---|
| Women's Total Workout (\$) Functional Fitness Studio A | | | 10:30AM-11:30AM (Strength) <i>Heather M.</i> | | | | |
| Perfect Balance Group Ex Studio | | | 11:30AM-12:30PM (Restore) <i>Brigitta T.</i> | | | | |
| Tai Chi Group Ex Studio | | | | 8:00AM-8:50AM (Restore) <i>Showen F.</i> | | | |
| Kettlebell Functional Fitness Studio A | | | | 8:00AM-9:00AM (Strength) <i>Christina R.</i> | | | |
| Zumba Gold Group Ex Studio | | | | 11:00AM-11:45AM (Cardio) <i>Sednima S.</i> | | | |
| Core + More Gentle Group Ex Studio | | | | 12:00PM-1:00PM (Core) <i>Toni M.</i> | | | |
| YMCA Fall Prevention: Strength & Balance / Elks Lodge, 3000 Brady Lane, Roseville 95747 Elks Lodge 3000 Brady Lane Roseville 95747 | | | | 1:00PM-1:45PM (Strength) <i>Rio F.</i> | | | |
| Stretching Group Ex Studio | | | | 6:30PM-7:30PM (Restore) <i>Brian O.</i> | | 7:45AM-8:45AM (Restore) <i>Brian O.</i> | |
| Cycling Sculpt Cycle | | | | | 9:00AM-10:00AM (Cardio) <i>Christina R.</i> | 8:45AM-9:45AM (Cardio) <i>Philipp S.</i> | |
| Body Circuit Functional Fitness Studio B | | | | | 11:30AM-12:30PM (Strength) <i>Fernanda L.</i> | | |
| Aqua Blast Outdoor Pool | | | | | | 10:30AM-11:30AM (Water Classes) <i>Debbie R.</i> | |
| Strength & Tone Group Ex Studio | | | | | | | 8:30AM-9:30AM (Strength) <i>Affi E.</i> |
| Aqua Zumba Indoor Pool | | | | | | | 12:00PM-1:00PM (Aqua Zumba) <i>Sednima S.</i> |



Sacramento Central YMCA | May 25th - May 31st

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

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|--|---|---|--|---|
| Lift Heavier Older Adult-SGT \$ 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> | | |
| Water Exercise Indoor Pool | 1:00PM-2:00PM (Water Classes) | | | 7:00PM-8:15PM (Water Classes) <i>Julie M.</i> | 1:00PM-2:00PM (Water Classes) | | |
| Open Swim Indoor Pool | 2:00PM-3:30PM (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) | | |
| STRENGTH and WELLNESS COACHING SGT (\$) 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> | | |
| Strength Circuit Studio A | 4:30PM-5:20PM (Strength) <i>Lily G.</i> | | 4:30PM-5:20PM (Strength) <i>Lily G.</i> 5:30PM-6:20PM (Strength) <i>Lily G.</i> | | | | |
| Open Basketball Gym Gymnasium | | 5:30AM-8:50AM (Open Basketball Gym) 3:15PM-4:45PM (Open Basketball Gym) | | 5:30AM-8:50AM (Open Basketball Gym) | 10:00AM-1:00PM (Open Basketball Gym) | | |
| Bootcamp 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> | |
| Cycling Studio B | | 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>Jensen B.</i> 9:00AM-9:45AM (Cardio) | 9:10AM-10:00AM (Cardio) <i>Holly K.</i> |
| Yoga Flow Studio A | | 8:00AM-8:50AM (Restore) <i>Shirley S.</i> | | | | | |
| Head to Toe 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> | | | |
| Lap Swim- Navy Swim Test Indoor Pool | | 9:00AM-10:00AM (Lap Swim) | | 8:00AM-10:00AM (Lap Swim) | | | |
| Indoor Pickleball Play Gymnasium | | 10:00AM-12:00PM (Pickleball) | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---|---|---|---|---------------------------------|--|
| Water Aerobics 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> | | | |
| Swim Lessons- Lap Swim Indoor Pool | | 3:30PM-6:00PM (Swim Lessons) | 3:30PM-6:00PM (Swim Lessons) | 3:30PM-6:00PM (Swim Lessons) | | | |
| Yoga All Levels Studio A | | 5:30PM-6:20PM (Restore) <i>Miranda C.</i> | | | | | 10:30AM-11:20AM (Restore) <i>Rio F.</i> 11:30AM-12:20PM (Restore) <i>Rio F.</i> |
| Swim Lessons - No Lap Swim Indoor Pool | | 6:00PM-7:00PM (Swim Lessons) | 6:00PM-7:00PM (Swim Lessons) | 6:00PM-7:00PM (Swim Lessons) | | 9:00AM-2:15PM (Swim Lessons) | |
| BollyX Studio A | | 6:30PM-7:20PM (Cardio) <i>Celestine H.</i> | | | | | |
| Lap Swim- Reduced Lanes Indoor Pool | | 7:15PM-8:15PM (Lap Swim) 7:15PM-8:15PM (Lap Swim) | | 10:00AM-11:00AM (Lap Swim) | | | |
| Stretching/Core Express Gymnasium | | | 9:00AM-10:00AM (Class) <i>Teresa L.</i> | | | | |
| Stretching Gymnasium | | | 9:00AM-9:50AM (Restore) <i>Teresa L.</i> | | 9:00AM-10:00AM (Class) <i>Jackie W.</i> 9:00AM-9:50AM (Restore) <i>Jackie W.</i> | | |
| Strength & Stability Intervals Studio A | | | 9:00AM-9:50AM (Strength) <i>Elias E.</i> | | 9:00AM-9:50AM (Strength) <i>Elias E.</i> | | |
| YMCA Fall Prevention: Strength & Balance / Belle Cooledge *Register at Belle Cooledge (916) 808-5610 or www.cityofsacramento.gov/ypce/community-centers/belle-cooledge Belle Cooledge Community Center (OFFSITE) | | | 9:30AM-10:15AM (Strength) <i>Jackie W.</i> 10:30AM-11:30AM (Strength) <i>Jackie W.</i> | | | | |
| Gym Cleaning Gymnasium | | | 10:00AM-11:00AM (Cleaning) | 12:00PM-1:00PM (Cleaning) | | | |
| Pilates Mat Beginner Studio A | | | 10:00AM-10:50AM (Core) <i>Teresa L.</i> | | | | |
| Strength Training Studio A | | | 12:00PM-12:50PM (Strength) <i>Amy N.</i> | | | | |
| YMCA Fall Prevention: Strength & Balance / ACC Senior Services *Register at ACC (916) 393-9026 / www.accsv.org ACC Senior Services (OFFSITE) | | | 1:30PM-2:30PM (Strength) <i>Rio F.</i> | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|--|---|--|--|
| Qigong Studio A | | | | 8:00AM-8:50AM (Restore) <i>James S.</i> | 8:00AM-8:50AM (Restore) <i>Tia K.</i> | | |
| Zumba Gold Studio A | | | | 9:00AM-9:50AM (Cardio) <i>Sednima S.</i> | 10:00AM-10:50AM (Cardio) <i>Jackie W.</i> | | |
| Indoor Open Pickleball Gymnasium | | | | 10:00AM-12:00PM (Pickleball) | | | |
| Zumba Studio A | | | | 5:30PM-6:20PM (Cardio) <i>Celestine H.</i> | 5:30PM-6:20PM (Cardio) <i>Corene M.</i> | 10:00AM-10:50AM (Cardio) <i>Kang P.</i> | 9:30AM-10:20AM (Cardio) <i>Celestine H.</i> |
| Yoga: Yin Studio A | | | | 6:30PM-7:20PM (Restore) <i>Kimberly R.</i> | | | |
| HIIT Studio A | | | | | 6:00AM-6:50AM (Strength) <i>Lily G.</i> | | |
| Lap Swim - Saturday Indoor Pool | | | | | | 7:00AM-9:00AM (Lap Swim) | |
| Body Sculpt Studio A | | | | | | 11:00AM-11:50AM (Strength) <i>Sednima S.</i> | |
| Family Swim Indoor Pool | | | | | | 2:15PM-5:45PM (Special Events) | 2:15PM-5:45PM (Special Events) |
| Lap Swim- Swim Lessons Indoor Pool | | | | | | | 9:00AM-2:00PM (Lap Swim) |
| Adult Basketball - Closed gym Gymnasium | | | | | | | 9:15AM-1:15PM (Adult Sports) |
| Ova (Rick Reyes) Volleyball Rental Full Court Gymnasium | | | | | | | 2:00PM-6:00PM (Ova (Rick Reyes) Volleyball Rental Full Court) |



Capital YMCA | May 25th - May 31st

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

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



Yolo County YMCA College Street | May 25th - May 31st

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



Woodland YMCA Gym and Fitness Center | May 25th - May 31st

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