



Yolo County YMCA Group Fitness Schedule

JULY 2025

Revised 06.24.25

Monday	Tuesday	Wednesday	Thursday	Friday
	Cycling Open 6:30am-7:20am Kelly	Pilates Mat 7:00am-7:50am Beth		Cycling Open 6:30am-7:20am Kelly
Low Impact Aerobics 8:00am & 10:00am	SAIL 10:00-11:00am	Low Impact Aerobics 8:00am & 10:00am	SAIL 10:00-11:00am	Low Impact Aerobics 8:00am & 10:00am
Yoga Chair 9:00am-9:50am Jennifer	7/8-8/7 Zumba 10:00am-10:50am Vanessa	DDPY Yoga 10am-10:50am Line Dancing 11:00am-11:50am Katherine	7/8-8/7 Zumba 10:00am-10:50am Vanessa	Yoga Chair 9:00am-9:50am Jennifer
	Chair Fitness 11:30am-12:10pm Sabrina	Tai Chi 11:30am-12:10pm Susan	Chair Fitness 11:30am-12:10pm Sabrina	Tai Chi 11:30am-12:10pm Susan
Woodland Stompers 1:30am-3:30pm	Tai Chi 12:00pm-12:50pm Daniel		Tai Chi 12:00pm-12:50pm Daniel	
Viniyoga 5:30pm-6:20pm Jennifer	Zumba 5:30pm-6:20pm Jennifer		Zumba 5:30pm-6:20pm Jennifer	Viniyoga 5:30pm-6:20pm Jennifer
Last Tuesday of the month Yoga Flow switches to Yoga Yin	Yoga Flow/Yin 6:30pm-7:20pm Ebony	Viniyoga 5:30pm-6:20pm Jennifer	Yoga Flow ** 6:30pm-7:20pm Lauren	
Classes offered by the City of Woodland & are FREE to Woodland Residents				
Class Location:	Woodland Gym	Woodland Gym	College St	

Woodland Facility Hours:

Monday-Friday: 6:00am - 8:00pm
 Saturday: 8:00am - 12:00pm
 Sunday: CLOSED

College St Facility Hours

Monday 9:00am-8:00pm
 Wednesday & Friday 9:00am-5:00pm



All Group Exercise classes are included with Membership!

Drop in rates:

Adult: \$12 Youth & Senior: \$7

CLASS DESCRIPTION

Chair Fitness: Light exercise, done mostly seated, to strengthen your core for improved balance, strengthen muscles and improve flexibility. This is a good class to work on balance and strength for falls prevention. This class is also great for socializing while improving your overall health.

Cycling Open: Join others for some cycling and socializing in this morning Open Cycle time. Go at your own pace, create your own workout, or follow along with others. The indoor cycling bikes are available for you to get your legs moving and heart pumping while meeting new friends at the YMCA.

DDPY: Build strength, improve flexibility, boost cardio, and torch calories, all in one class! DDPY is a high-energy, low-impact workout that fuses yoga stretches, calisthenics, dynamic resistance, and sports therapy for serious results without joint strain. Perfect for active beginners and anyone ready to move, sweat, and get strong. Modifications are offered to meet you where you're at and help you level up.

Line Dancing: Get ready to have fun, get fit, and gain confidence on the dance floor! Join our beginner-friendly country line dancing class, where you'll learn both classic and contemporary country line dances plus a few pop favorites. No experience? No problem! We'll take it step by step at a comfortable pace, making this a great way to enjoy a high-energy cardio workout while mastering new moves.

****Monthly Meditation:** The 3rd Thursday of the month there will be a 30 minute meditation class following Yoga Flow. Yoga is used to prepare the body for meditation, while yoga attendance is not required it is beneficial to the meditation practice. This guided practice will help you center your mind, reduce stress, and enhance relaxation. Whether you're new to meditation or experienced, take this time to reset and recharge.

Pilates Mat: Pilates mat is a class that combines stretching, strengthening and balance exercises with an emphasis on core control (core = abdominals, hips, shoulders and back). Pilates is known to benefit posture, movement control and control of back pain. Most exercises can be modified to fit various fitness levels.

Tai Chi: The ultimate purpose of Tai Chi is to cultivate the "qi", or life energy within us, to flow smoothly and powerfully throughout the body. The essential principles include mind integrated with the body; control of movements and breathing; generating internal energy, mindfulness, song (loosening 松) and jing (serenity 静).

Yoga: All levels: This format centers both breath and body – aligning the physical and mental by practicing stillness and gentle movements for extended periods of time. Poses are done on the floor, and can incorporate props such as straps, bolsters and blocks, ultimately promoting deep muscle relaxation and improved flexibility. **Chair:** Explore the range of movement of yoga postures with chair support. Members that find it challenging to get on and off the floor are a perfect fit for Chair Yoga. **Flow:** Intertwines posture with breath in a series of movements that flow seamlessly together within your exercise regime, you bring balanced health and harmony to your body and mind. **Gentle Yin:** This class provides a gentle, quiet, and meditative practice that teaches us to relax and accept ourselves just as we are. All poses are done on the floor so that the muscles can relax and allow the deep connective tissues surrounding the hips, thighs, and lower back to be gently stretched. Through mindful stretching, Yin Yoga maintains the health of the connective tissue and encourages free flow of qi (energy) in the body. Poses are held for longer periods of time (generally 3-5 minutes) and awareness is brought to sensations in the body. **Viniyoga:** The Viniyoga approach to an āsana (implementing postures) focuses on the following four points: Function Over Form – the science of adapting the forms of the postures to achieve the best results for each student; Breath and Adaptation – the emphasis on breath as the foundation for movement to produce different results that best serves each student; Repetition and Stay – the practice of repeating a movement and then staying in the stretch for long-lasting adaption; and the Art and Science of Sequencing – allows the teacher to create practices of different orientation, length, and intensity to suit the intention and context of each practice. **Zumba:** We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.