





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hours
Mon-Fri: 5:30 am-10:00 pm
Sat: 7:00 am-7:00 pm
Sun: 7:00 am-7:00 pm

Daily Hotline
415.447.9613
Social Media
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Presidio Community YMCA
63 Funston Avenue
San Francisco, CA 94129
415.447.9622
www.ymcasf.org/presidio

Group Exercise Schedule

February 2012

AM Schedule: 5:30am-11:00am

Update: January 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLING 6:00-7:00 am Jodi Studio 2	CYCLING 5:40-6:40 am Jodi Studio 2	CYCLING 6:00-7:00 am Greg Studio 2	CYCLING 5:40-6:40 am Maisie Studio 2	CYCLING 6:00-7:00 am Greg Studio 2	CYCLE 45 7:30-8:15 am Katie Studio 2	BODYPUMP™* 7:10-8:20 am Stacey
BODYPUMP™ 6:00-7:15 am Terri	HATHA FLOW 6:00 - 7:00 am Mark	BODYPUMP™ 6:00-7:15 am Claudia	POWER YOGA 6:00-7:15 am Jodi	BODYCOMBAT™ 6:00-6:55 am Stacey	CORE EXPRESS 8:00-8:25 am Michele	HATHA* 8:30-10:00 am Marci
PILATES MAT (I) 8:00-8:55 am Lisa-Anice	YOGA BASICS 7:05 am-7:50 am Katie P.	CYCLE 45 7:30-8:15 am Roger Studio 2	CYCLING 6:50-7:50 am Anny Studio 2	P.A.C.E. INTERVAL 7:00-7:55 am d'Este	CYCLE 45 8:30-9:15 am Nicholle Studio 2	CYCLING 9:00-10:00 am Katie Studio 2
CYCLING 8:30-9:30 am Shannon Studio 2	CYCLING 6:50-7:50 am Anny Studio 2	PILATES MAT (I) 8:00-8:55 am Lisa S.	BODYPUMP™ 8:00-8:55 am Claudia	CYCLE 45 7:30-8:15 am Katie Studio 2	STEP 8:30-9:25 am Michele	BODYWORKS 10:15-11:15 am Joanne B. / Scott
LITE CIRCUIT 8:45-9:45 am Joanne B. Gymnasium	BODYWORKS 8:00-8:55 am Danielle	CYCLING 8:30-9:30 am Sean Studio 2	SUBTLE MOVES 8:30-9:25 am Lisa-Anice Gymnasium	BARRE FITNESS 8:00-8:55 am Lisa S.	BODYWORKS 9:30-10:25 am Nicholle	CYCLING 10:15-11:15 am Rosemary Studio 2
STEP INTERVAL 9:00-9:55 am Pattie	SUBTLE MOVES 8:30-9:25 am Bianca Gymnasium	ZUMBA GOLD™ 8:30-9:25 am Jackie W. Gymnasium	RUNNING CLUB 8:45-9:45 am Cary H. Meet at Lobby	CYCLING 8:30-9:30 am Katie Studio 2	YOGA INTENSIVE* 9:45-10:45 am Elise Studio 2	
PARK WALK 9:00-10:00 am Susie N. Presidio Park	RUNNING CLUB 8:45 am Cary H. Meet at Lobby	STEP 9:00-9:55 am Lindsay	BODYCOMBAT™ 🐾 9:00-9:55 am Susie N.	ZUMBA GOLD™ 8:30-9:25 am Jackie W. Gymnasium	CARDIO DANCE 10:30-11:25 am John	
GENTLE STRETCH 10:00-10:55 am Lisa-Anice Studio 2	BODYCOMBAT™ 🐾 9:00-9:55 am Susie N.	PARK WALK 9:00-10:00 am Lulu Presidio Park	LITE N LIVELY 9:30-10:25 am Lisa-Anice Gymnasium	STEP INTERVAL 9:00-9:55 am Lindsay	YOGA INTENSIVE* 11:00 am-Noon Elise Studio 2	
HATHA FLOW* 10:10-11:25 am Elise	LITE N LIVELY 9:30-10:25 am Lisa-Anice Gymnasium	NEW CLASS! TRX™ (\$) 9:00 - 10:00 am Susie N. The Wall	CYCLING 🐾 9:45-10:45 am Sean Studio 2	PARK HIKE 9:00-10:30 am Susie N. Presidio Park		
CYCLING 🐾 9:45-10:45 am Sean Studio 2	CYCLING 🐾 9:45-10:45 am Sean Studio 2	NIA™ 10:00-10:55 am Sharon Studio 2	STRETCH 10:00-10:25 am Susie N.	GENTLE STRETCH 10:00-10:55 am Lisa-Anice Studio 2		
STRETCH 10:00-10:25 am Susie N.	STRETCH 10:00-10:25 am Susie N.	HATHA FLOW* 10:10-11:25 am Elise	NEW CLASS! 10:30-11:00 am INTRO TO FITNESS Gymnasium Suzy D.	HATHA FLOW* 10:10-11:25 am Suzy D.		
ZUMBA™ 10:30-11:25 am Claudia	ZUMBA™ 10:30-11:25 am Claudia	EXPRESS-FIT 🐾 10:00 am Interval 10:30 am Core Jonn Gymnasium	ZUMBA™ 10:30-11:25 am Claudia			
		TRX™ BASICS 10:05 - 10:30 am Susie N. The Wall				

All classes are in "Studio 1" (unless otherwise indicated).
🐾 "Stroller Friendly" classes. Parents are welcome to bring infants.
Studios 1 & 2 Closed, 2:30-3:30 pm daily - cleaning & maintenance.

* **YOGA PASS.** Required for indicated class. Available 30 minutes before class, at Membership. Studio 1 - 45 persons. Studio 2 - 16 persons.
NOTE: Class schedules and/or instructor may change without notice.



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February 2012

PM Schedule: 11:15am-10:00pm

Update: January 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
P.A.C.E. (\$) 11:15 am-12:15 pm Lisa-Anice Studio 2	PILATES & YOGA 11:30 am-12:25 pm Lisa-Anice	P.A.C.E. (\$) 11:15 am-12:15 pm Lisa-Anice Studio 2	PILATES & YOGA 11:30 am-12:25 pm Lisa-Anice	P.A.C.E. (\$) 11:15 am-12:15 pm Lisa-Anice Studio 2	HATHA* 11:45 am-1:00 pm Mellara / Mark	PILATES MAT (II) 11:30 am-12:25 pm Rosemary
BODYWORKS 11:30 am-12:25 pm Lisa L.	CYCLE 45 Noon-12:45 pm Luis Studio 2	BODYWORKS 11:30 am-12:25 pm Danielle	CYCLE 45 Noon-12:45 pm Luis Studio 2	BODYPUMP™ 11:30 am-12:40 pm Stacey	OPEN STUDIO* Studio 2 12:30-2:30 pm (General Fitness)	OPEN STUDIO* Studio 2 11:30 am-Close (Open Cycling)
YOGA BASICS 12:30-1:15 pm Noel Studio 2	HATHA 12:45-2:00 pm Marci	YOGA STRETCH 12:30-1:15 pm Lisa-Anice Studio 2	HATHA 12:45-2:00 pm Patricia	YOGA BASICS 12:30-1:15 pm Patricia Studio 2	WORKSHOPS* Studio 1 1:30-3:45 pm	ANANDA YOGA 4:30-6:00 pm Jessy
HATHA FLOW 1:15-2:30 pm Lorna	TRX (\$) 1:00-2:00 pm Danielle The Wall	HATHA 1:15-2:30 pm Patricia	BAY SCHOOL 3:30-4:45 pm Studio Closed	NEW TIME! HATHA 1:30-2:30 pm Patricia	OPEN STUDIO* Studio 2 3:30 pm-Close (Open Cycling)	OPEN STUDIO* Studio 1 6:30 pm-Close
PILATES BALL 4:00-4:55 pm Susie N.	BAY SCHOOL 3:30-4:45 pm Studio Closed	PILATES MAT 4:00-4:55 pm Lisa S.	NEW CLASS! BODYPUMP™ 4:45-5:40 pm Terri	OPEN STUDIO* Studio 1 3:30-4:00 pm	PILATES MAT 4:00-5:00 pm d'Este	
P.A.C.E. (\$) 4:00-5:00 pm d'Este Studio 2	BODYWORKS BOSU 4:45-5:40 pm Joanne B.	BODYCOMBAT™ 5:00-5:55 pm Stacey	BELLYDANCE 5:45-6:40 pm Stephanie	OPEN STUDIO* Studio 2 3:30 pm-Close (Open Cycling)	OPEN STUDIO* Studio 1 5:30 pm-Close	
ZUMBA™ 5:00-5:55 pm Jackie W.	CYCLE 45 5:15-6:00 pm Michelle Studio 2	POWER CYCLING 6:00-7:15 pm Amy Studio 2	CYCLING 6:15-7:15 pm Michelle Studio 2	NEW CLASS! ZUMBA 5:00-6:00 pm Brenda		
CYCLE 45 5:15-6:00 pm Katie Studio 2	BARRE FITNESS 5:45-6:40 pm Lisa S.	RUNNING CLUB 6:00 pm Jonn Meet at Lobby	NEW CLASS! MY CIRCUIT 6:30-7:30 pm Jonn Gymnasium	BALLROOM (\$) 7:00-9:00 pm Lisa-Anice		
BODYWORKS 6:00-6:55 pm Danielle	PARK FIT 5:45-6:45 pm Jonn Presidio Park	BODYPUMP™ 6:00-6:55 pm Leslie/Terri	ZUMBA™ 6:45-7:40 pm Terri			
CYCLING 6:15-7:15 pm Sandra Studio 2	CYCLE 45 6:15-7:00 pm Michelle Studio 2	VINYASA FLOW* 7:00-8:15 pm Rosemary	NEW CLASS! BODYCOMBAT™ 7:45-8:45 pm Stacey			
VINYASA FLOW* 7:00-8:15 pm Rosemary	CARDIO DANCE 6:45-7:40 pm John					
	NEW CLASS! BODYPUMP™ 7:45-8:45 pm Stacey					

*OPEN STUDIOS. Group Exercise Studios 1 & 2 are open for general use at various times during the business day. Consult Schedules at each Studio for availability between classes, maintenance or special events. When sharing space, please lower voices and use headphones for personal music.

Studio 2 (Cycling). Schwinn studio bikes are available for open cycling on Tuesday, Thursday and Sunday. Studio 2 is set for other activities (i.e. Yoga or Wellness Groups) Monday, Wednesday, Friday and Saturday - please do not use Studio 2 bikes. Go to Fitness Floor for alternate Schwinn bikes.

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