



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### Facility Hours

Mon-Fri: 5:00am - 10:00pm  
Sat-Sun: 7:00am - 8:00pm

### Social Media

Friend us on Facebook.  
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### Stonestown Family YMCA

333 Eucalyptus Drive  
San Francisco, CA 94132  
415.242.7100  
[www.ymcasf.org/stonestown](http://www.ymcasf.org/stonestown)

# Y-Adult Group Exercise

# Winter 2012

## Stonestown Family YMCA - Annex

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LITE 'N' LIVELY</b> 8:00 – 9:00am Ray	<b>CARDIO BALANCE 1</b> 9:05 – 9:50am Ray	<b>CARDIO BALANCE</b> 8:00 – 8:45am Carol	<b>CARDIO BALANCE 1</b> 9:05 – 9:50am Ray	<b>LITE 'N' LIVELY</b> 8:15 – 9:15am Jeanine
<b>TAI CHI/QIGONG</b> 8:00 – 10:00am Kiyoko	<b>CARDIO BALANCE 2</b> 10:00 – 10:50am Ray	<b>SIT &amp; BE FIT</b> 9:30 – 10:15am Veronica	<b>CARDIO BALANCE 2</b> 10:00 – 10:50am Ray	<b>ADAPTIVE YOGA</b> 9:30 – 10:15am Jeanine
<b>SIT &amp; BE FIT</b> 9:30 – 10:15am Teresa		<b>POST STROKE</b> 10:30 – 11:30am Jean		<b>POST STROKE</b> 10:30 – 11:30am Mary Francis
<b>POST STROKE</b> 10:30 – 11:30am Kathy				

### CLASS DESCRIPTIONS

These classes are available at no cost to Stonestown Family YMCA facility members. Non-members may purchase a 12 session card for \$30 at the Annex Front Desk.

**Adaptive Yoga** – Basic yoga postures to improve overall flexibility

**Cardio Balance** – Combination of low-impact, cardiovascular movements mixed with activities to improve balance, gait and agility.

**Lite 'n' Lively** – Combination of dance aerobics, strength training and flexibility movements

**Sit & Be Fit** – Combination of cardiovascular, strength and flexibility training performed primarily while seated

**Tai Chi/Qigong** – Improve strength, balance and coordination through various breathing patterns and postures

**Post Stroke** – Physician consent form required. Program designed specifically to help those who have suffered strokes to regain strength. Cost is \$30 for 8 sessions.

### FREE CLASSES

#### Traditional Cuban 'SON' Dancing

Date: Tuesdays  
Time: 9:30 – 10:15am

#### Laughter Fitness Class

Date: Thursdays  
Time: 7:00 – 8:00pm

### CONTACT US

For more information about Y-Adult Group Exercise classes, please contact:

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(415) 242-7112  
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