



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**  
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**Stonestown Family YMCA**  
333 Eucalyptus Drive  
San Francisco, CA 94132  
415.242.7100  
www.ymcasf.org/stonestown

# Group Exercise Schedule

# February 2012

## Gymnasium

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Y-WORKOUT</b> 8:00am Teresa	<b>Y-WORKOUT</b> 8:00am Ray	<b>H.E.A.T.</b> 6:00am Jake/Ashleigh	<b>ZUMBA™</b> 7:00am Dannie	<b>H.E.A.T.</b> 6:00am Jake/Ashleigh	<b>Y-WORKOUT</b> 8:00am Teresa/Carol	<b>CARDIO SCULPT</b> 9:00am Ray
<b>BOOT CAMP</b> 9:15am Ann H.	<b>BODYWORKS</b> 9:00am Luci	<b>CARDIO KICK</b> 8:00am Alyona	<b>Y-WORKOUT</b> 8:00am Ray	<b>Y-WORKOUT</b> 8:00am Celeste	<b>BODYWORKS</b> 9:15am Celeste	
<b>QIGONG</b> 10:15am Ann Marie	<b>CORE EXPRESS</b> 9:45am Luci	<b>PILATES BEGINNER</b> 9:00am Scotty	<b>BODYWORKS</b> 9:00am Peggy	<b>ZUMBA™</b> 9:00am Rachael	<b>ZUMBA™</b> 10:15am Abril A.	
<b>POWERHOUSE</b> 5:30pm Ray	<b>NIA™</b> 10:15am Zack	<b>BOSU BLAST</b> 9:45am Luci	<b>NIA™</b> 10:15am Marilyn	<b>QIGONG</b> 10:15am Ann Marie		
<b>ZUMBA™</b> 6:30pm Abril A.	<b>ZUMBA™</b> 6:30pm Cynthia	<b>ZUMBA™</b> 10:15am Claudia	<b>CARDIO BOOT CAMP</b> 6:30pm Angela			
		<b>ZUMBA™</b> 6:30pm Abril A.				

**ZUMBA™ TONING:** 1<sup>st</sup> Wednesday of the month at 6:30pm (Instructor: Abril A.)

## Cycling Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:05am Elaine	5:05am Kathy	5:05am Lynn/Julie	5:05am Elaine	5:05am Lynn/Julie	7:10am Buzz	8:15am Jim L./Jim R.
6:00am Ashley	6:00am Eileen	7:30am Danielle	6:00am Jim L.	8:00am Ray	8:20am Elaine	9:20am Greg
8:15am Ann H.	7:30am Buzz	9:00am Ann	7:30am Buzz	9:00am Danielle	9:30am Sylvia	10:30am Jessica
9:15am Diane	9:15am Jim R.	6:30pm Jake	9:30am Marc	6:30pm Greg/Jessica		
6:30pm Ray	6:30pm Judy G.		6:30pm Judy G.			



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**Wellness Studio**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CARDIO KICK</b> 7:00am Alyona	<b>CUBAN SALSA</b> 7:00am Sonly	<b>CORE STRENGTH &amp; STRETCH</b> 6:00am Eileen	<b>POWERHOUSE</b> 7:00am Ray	<b>SUNRISE BODY DYNAMICS</b> 6:00am Celeste	<b>STEP AEROBICS</b> 7:30am Kathleen	<b>VINYASA FLOW BEGINNER</b> 8:00am Maria-Christina
<b>BALLESTONE™</b> 8:00am Alyona	<b>PILATES-YOGA</b> 8:00am Patricia	<b>BALLESTONE™</b> 7:00am Alyona	<b>YOGA FLOW</b> 8:00am April G.	<b>CORE STRETCH</b> 7:00am Terry	<b>YOGA</b> 8:30am Patricia	<b>VINYASA FLOW INTERMEDIATE</b> 9:00am Sara
<b>PILATES INTERMEDIATE</b> 9:00am Scotty G.	<b>YOGA</b> 9:00am Patricia	<b>POWERHOUSE</b> 8:00am Ray	<b>POWERHOUSE</b> 9:15am Jim R.	<b>PILATES</b> 8:00am Terry	<b>YOGA INTERMEDIATE</b> 9:35am Patricia	<b>BODYWORKS</b> 10:10am Celeste
<b>VINYASA FLOW YOGA</b> 10:30am Jacqui	<b>TAI CHI - WU</b> 10:20am Ann Marie	<b>VINYASA FLOW YOGA</b> 8:45am Jacqui	<b>BOSU Blast</b> 10:05am Luci	<b>YOGA FLOW</b> 9:00am Jennifer	<b>YOGA FLOW</b> 10:45am Jennifer S.	<b>PILATES INTERMEDIATE</b> 11:30am April G.
<b>CARDIO SCULPT</b> 1:00pm Ray	<b>PILATES</b> 12:30pm Scotty G.	<b>QIGONG</b> 10:15am Ann Marie	<b>YOGA FLOW</b> 10:45am April G.	<b>YOGA INTERMEDIATE</b> 10:30am Patricia		<b>BALLROOM DANCE WORKSHOP</b> 1:00pm Norman (for students in the Wednesday night Ballroom Dance classes)
<b>YOGA FLOW</b> 5:30pm April G.	<b>PILATES EXPRESS INTERMEDIATE</b> 1:30pm Scotty G.	<b>CARDIO SCULPT</b> 1:00pm Ray	<b>ZUMBA™</b> 12:30pm Rachael	<b>CARDIO SCULPT</b> 1:00pm Ray		
<b>PILATES</b> 6:30pm April G.	<b>EVERYBODY STRETCH!</b> 2:00pm Scotty	<b>NIA™</b> 2:15pm Zack	<b>BELLY DANCE</b> 4:00pm Jennifer	<b>BODYWORKS</b> 5:30pm Sandra B.		
<b>TAI CHI - YANG</b> 8:00pm (Int.) John	<b>PILATES</b> 5:30pm Susan	<b>BODYWORKS</b> 5:30pm Sandra B.	<b>HIP HOP</b> 5:30pm Terry	<b>DHARMA YOGA</b> 6:45pm Sara		
	<b>STEP SCULPT</b> 6:30pm Margaret	<b>TAI CHI - YANG (ANNEX)</b> 6:30pm Garrett	<b>YOGA INTERMEDIATE</b> 6:30pm Maria-Christina			
	<b>CUBAN SALSA</b> 7:30pm Sonly	<b>BALLROOM DANCE BEGINNER</b> 7:00pm Ken	<b>CUBAN SALSA</b> 7:30pm Sonly			
		<b>BALLROOM DANCE INTERMEDIATE</b> 8:00pm Ken				

**PILATES EXPRESS:** A full body intermediate Pilates workout in just 30 minutes!

**TAI CHI - YANG:** Beginner orientation on 1<sup>st</sup> Wednesdays of every month.

**CARDIO SCULPT:** Active Older Adult (AOA) class