

MARIN YMCA • GROUP EXERCISE SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	TRX 6:00-6:50am Caren (#)	Power Yoga 6:00-7:00am Rose H. (C/R)	Zumba Gold 8:00-8:50am Filemon (G)	Basic Core 6:00-7:00am Rose H. (C/R)	TRX 6:00-6:55am Karly (#)	
Body Pump 7:40-8:30am Michelle (#)	Latin Dance 8:30-9:20 am Terri	Basic Circuit 7:00-7:55am Diane (G)	Piloxing 8:30-9:15am Rachel H. (#)	Basic Circuit 7:00-7:55am Diane (G)		Body Pump 8:00-9:00am Caren (#)
Strong by Zumba 8:40-9:40am Caren (#)	NIA 8:50-9:50 am France-Laude (G)	Piloxing Barre 8:00-8:50am Rachel (#)	NIA 9:00-9:50am France-Laude (G)	Zumba Gold 8:30-9:20am Nan (C/R)	Piloxing 8:00-8:50am Karen (#)	Yoga Tune Up 8:45-9:45am Erika (C/R) (#)
Zumba 9:00-9:50am Rose S. (G)	Basic Core 9:30-10:00 am Kathy C. (C/R)	Meditation 9:00-10:00am Corliss (C/R)	Hatha Yoga I 9:30-10:45am Anna	Piloxing Barre 8:30-9:20am Rachel H. (#)	NIA 8:50-9:50am France-Laude (G)	Latin Dance 8:45-9:45am Rachel H. (G)
	Restorative Yoga 9:30-10:40am Rose H.	Hatha Yoga I 9:00-10:15am Clara	INSANITY 9:40-10:25am Val (C/R) (#)	TRX 9:30-10:25am Jordan (#)	Hatha Yoga I 9:00-10:15am Clara	Advan. Strength 9:10-10:00am Ellen (#)
TRX 10:00-10:50am Helen & Caren (#)	Advan. Strength 9:30-10:20am Meghan K. (OT)	Zumba 9:30-10:25am Rose S. (G)	Basic Strength 10:00-10:50am Kathy (G)	Yoga Tune Up 10:00-11:00am Erika (C/R) (#)	INSANITY 9:40-10:25am Amy (OT) (#)	Power Step 10:00-11:00am Rose S. (G)
Hatha Yoga I 11:25-12:40pm Thom	Basic Strength 10:00-10:50am Nan (G)	Body Pump 10:30-11:25am Rose S. (#)	Basic Pilates 11:00am-12:00pm Megan T. (#)	Body Pump 10:30-11:25am Rose S. (#)	Basic Strength 10:00-10:50am Ellen (G)	Basic Pilates 10:00-11:00am Rose H. (C/R)
Hawaiian Begin. 12:50-1:50pm Nan	Basic Pilates 11:00-12:00pm Megan T. (#)	Hawaiian Interm. 10:45-11:45am Nan (C/R)		Hawaiian Begin. 11:30-12:30pm Nan (C/R)	Hatha Yoga II 10:30-11:45am Beth	Hatha Yoga I 10:10-11:25am Erika
	TRX 12:00-12:55pm Jordan (#)	Advan. Pilates 11:40-12:40pm Kathy		Advan. Pilates 11:40-12:40pm Kathy	Adapt. Strength 12:15-1:15pm Kathy	Hatha Yoga II 11:35-12:50pm Kathy C.
	Adapt. Strength 12:15-1:15pm Nan (C/R)				Body Pump 5:00-5:50pm Rose S.	TRX 1:00-1:50pm Helen (#)
	Pilates Yoga 1:00-1:55 pm Lori	Tai Chi Interm. 3:30-4:30pm Sylvie (C/R)	Tai Chi Interm. 3:00-4:00pm Sylvie (C/R)	Hawaiian Interm. 3:30-4:30pm Nan (C/R)	TRX 6:00-6:45pm Helen (#)	
		TRX 5:10-6:00pm Val (#)	Tai Chi Advan. 4:00-4:55pm Sylvie (C/R)	Hawaiian Advan. 4:30-5:25pm Nan (C/R)	Basic Yoga 7:00-7:45pm Kristen S.	
	Hawaiian Advan. 5:00-5:55pm Nan (C/R)	Body Pump 6:10-7:05pm Val (#)	Body Pump 5:00-6:00pm Nina (#)	TRX 5:00-6:00pm Robin (#)		
	Advan. Strength 5:00-6:00pm Ellen (#)	Advan. Strength 6:10-6:55pm Robin (C/R) (#)	Advan. Strength 5:00-6:00pm Ellen (C/R) (#)	Body Pump 6:10-7:05pm Caren (#)		
	Hatha Yoga I 6:10-7:25 pm Thom (#)	Advanced Core 7:00-7:30pm Robin (C/R) (#)	Hatha Yoga I 6:10-7:25pm Rachel S. (#)	Restor. Yoga 6:30-7:45pm Lori (C/R) (#)		
	Zumba 7:30-8:15pm Caren (#)	Zumba 7:15-8:15pm Caren (#)	Strong by Zumba 7:30-8:30pm Caren (#)	Zumba 7:15-8:15 pm Caren (#)		

KEY

All classes in Multi-Purpose Room unless otherwise noted.
 (G) Gym
 (C/R) Club Room
 (OT) Outdoor Turf
 (#) Reserve your spot up to 24 hours in advance*

To reserve your spot in a class up to 24 hours in advance, go to ymcasf.org/marin and click on "Classes & Schedule". For more information contact Val Harbidge at vharbidge@ymcasf.org.

FACILITY HOURS:

Monday-Friday: 5:30 a.m.-10:00 p.m.
 Sat: 7:00 a.m.-8:00 p.m. & Sun: 7:00 a.m.-7:00 p.m.

Y-KIDS HOURS:

Monday 8:30am-1:30pm & 4:00pm-8:15pm
 Tuesday 8:30am-1:30pm & 4:00pm-8:15pm
 Wednesday 8:30am-1:30pm & 4:00pm-8:00pm

Thursday 8:30am-1:30pm & 4:00pm-8:15pm
 Friday 8:30am-1:30pm & 4:00pm-7:00pm
 Saturday 8:00am-12:35pm
 Sunday 8:00am-12:45pm

MARIN YMCA • CYCLE SCHEDULE

7/1/2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CYCLE 5:45-6:40am Linda (#)	CYCLE 5:45-6:40am Alison (#)	CYCLE 5:45-6:40am Linda (#)	CYCLE 5:45-6:40am Alison (#)	CYCLE 5:45-6:40am Linda (#)	
						2nd Saturday Endurance Cycle 7:20-8:50am Alison (#)
SPRINT 8:40-9:10am Michelle (#)			SPRINT 8:50-9:20am Alison (#)	SPRINT 8:50-9:20am Amy S. (#)		CYCLE 8:00-8:50am Alison (#)
CYCLE 9:20-10:10am Michelle (#)						CYCLE 9:00-9:50 Nina (#)
		SPRINT 10:00-10:30am Caren (#)	CYCLE 9:30-10:20am Meghan K. (#)	CYCLE 9:30-10:20am Rose S. (#)	CYCLE 9:30-10:20am Meghan K. (#)	
CYCLE 10:20-11:10am Nina (#)						
	CYCLE EXPRESS 12:00-12:45pm Diane (#)	CYCLE EXPRESS 12:00-12:45pm Jordan (#)	CYCLE EXPRESS 12:00-12:45pm Rachel K. (#)	CYCLE EXPRESS 12:00-12:45pm Val (#)	CYCLE EXPRESS 12:00-12:45pm Robin (#)	
	SPRINT 4:30-5:00pm Val (#)					
	CYCLE 5:10-6:00pm Amanda (#)	CYCLE 5:10-6:00pm Robin (#)	CYCLE 5:10-6:00pm Michelle (#)	CYCLE 5:00-6:00pm Amanda (#)		
			SPRINT 6:15-6:45pm Caren (#)	SPRINT 6:10-6:45pm Robin (#)	CYCLE 6:00-6:50pm Kirsten (#)	

All Stationary Cycle classes require reservation.

To reserve your spot in a class up to 24 hours in advance, go to ymcasf.org/marin and click on "Classes & Schedule". For more information contact: Val Harbidge at vharbidge@ymcasf.org

Marin YMCA
1500 Los Gamos Dr, San Rafael, CA 94903
415-492-9622 • www.ymcasf.org

KEY

- (#) All classes using a stationary bicycle require a reservation.
Reserve your spot up to 24 hours in advance