



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Presidio Community YMCA
63 Funston Avenue
San Francisco, CA 94129
415.447.9622
www.ymcasf.org/presidio

CHRISTMAS WEEK GROUP EX SCHEDULE 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
DEC. 19	DEC. 20	DEC. 21	DEC. 22	DEC. 23	DEC. 24	DEC. 25	DEC. 26
5:30 AM- 10PM	5:30 AM- 10PM	5:30 AM- 10PM	5:30 AM- 10PM	5:30 AM- 10PM	8AM-1PM	CLOSED	8AM- 1PM
BASIC STRENGTH 6:00-7:00AM Annie T. CYCLE* 6:00-7:00AM Jodi Studio 2 BASIC PILATES 8:00-8:55AM Jackie F. CYCLE * 8:30-9:30AM Sean Studio 2 PARK HIKE 9:00-10:00AM Maxime Lobby ADAPTIVE STRENGTH 9:00-10:00AM Veronica Gym AQUA BASIC STRENGTH 9:00-10:00AM Courtney Shallow Sandra Deep Pool BASIC STEP 9:05-10:00AM Scott AQUA ADAPTIVE STRENGTH 10:00-11:00AM Sandra Pool CHAIR ESSENTIALS 10:00-10:55AM Veronica Studio 2 HATHA II 10:15-11:30AM Cecilie NUTRITION Q&A 11:00-11:55AM Kasin Studio 2 ADVANCED STRENGTH 11:40-12:35PM Carrie CARDIO TENNIS (\$) 12:00-1:00PM Rob Infantry BASIC YOGA 12:45-1:45PM Noel ZUMBA™ 5:00-5:55PM Jackie W. CYCLE * 5:15-6:00PM Jonn Studio 2 LIIT 6:05-7:00PM Aaron MASTERS 7:00-8:00PM Kristen Pool	CYCLE* 5:40-6:40AM James Studio 2 BOOTCAMP* 6:00-7:00AM Aaron Gym BASIC PILATES 6:00-7:00AM Mary BASIC STRENGTH 8:00-8:50AM Scott POSTURE ESSENTIALS 8:30-9:30AM Kristi Gym AQUA BASIC STRENGTH 9:00-10:00AM Kate Pool BODYCOMBAT™ 9:00-9:50AM Stacey RUNNING CLUB 9:00-10:00AM Suzy H. Lobby CYCLE * 9:15-10:15AM Carrie Studio 2 ADAPTIVE STENGTH 9:30-10:25AM Scott Gym STRETCH 10:00-10:25AM Suzy D. ZUMBA™* 10:30-11:25AM Kiki Studio 1 YOGA PILATES 11:30-12:25PM Lisa S. CYCLE* 12:00-12:45PM Sandra Studio 2 HATHA I 12:45-2:00PM Marci CARDIO TENNIS (\$) 12:00-1:00PM Rich Infantry Court BASIC YOGA 5:00-5:55PM Lorna CYCLE * 6:00-7:00PM Katie Studio 2 HIIT 6:30-7:30PM Jonn Gym AQUA BASIC STRENGTH (COMBO) 7:00-8:00PM Catherine Pool	BODYPUMP™* 6:00-7:00AM Stacey CYCLE * 7:30-8:15AM Roger Studio 2 BASIC PILATES 8:00-8:55AM Lisa S. CYCLE* 8:30-9:30AM Sean Studio 2 ZUMBA GOLD™ 8:30-9:25AM Jackie W. Gym AQUA BASIC STRENGTH 9:00-10:00AM Jacqui Pool (music) PARK HIKE 9:00-10:00AM Maxime Lobby PILOXING BARRE 9:05-10:00AM Carrie HATHA II 10:15-11:30AM Marci BASIC STRENGTH 11:40-12:35PM Julia CARDIO TENNIS (\$) 12:00-1:00PM Rob Infantry Court BASIC PILATES 4:00-4:55PM Lisa S. ADVANCED STRENGTH 5:15-6:00PM Julia CYCLE * 6:30-7:15PM Christel Studio 2	CYCLE* 5:40-6:40AM Maize Studio 2 BOOTCAMP* 6:00-7:00AM Aaron BODYPUMP™* 8:00-8:50AM Stacey AQUA BASIC STRENGTH 9:00-10:00AM Catherine Pool BODYCOMBAT™ 9:00-9:50AM Stacey RUNNING CLUB* 9:00-10:00AM Angela Lobby CYCLE* 9:15-10:15AM Christel Studio 2 ADAPTIVE STRENGTH 9:30-10:25AM Veronica Gym STRETCH 10:00-10:25AM Suzy D. ZUMBA™ 10:30-11:25AM Beth YOGA PILATES 11:30-12:25PM Hilda CYCLE* 12:00-12:45PM Kristi Studio 2 CARDIO TENNIS (\$) 12:00-1:00PM Jackson Infantry Court HATHA I 12:45-2:00PM Lindsey HIIT 6:30-7:30PM Jonn Gym CARDIO TENNIS, INT (\$) 6:30-7:30PM Rob Infantry CT AQUA BASIC STRENGTH 7:00-8:00PM Kelsey Pool	BODYCOMBAT™ 6:00-7:00AM Stacey BALLET BARRE 8:00-8:55AM Lisa S. CYCLE* 8:30-9:30AM Katie Studio 2 PARK HIKE 9:00-10:30AM Maxime Lobby AQUA BASIC STRENGTH 9:00-10:00AM Shallow Elaine Deep Catherine Pool BASIC STEP 9:05-10:00AM Julia HATHA II * 10:15-11:30AM Carrie BODYPUMP™* 11:40-12:40PM Stacey CARDIO TENNIS (\$) 12:00-1:00PM Rich Infantry Court	JINGLE RIDE* 8:30-9:25am Scott Studio 2 (COME TO CLASS WITH YOUR SANTA HATS OR ANTLERS!)	BASIC STEP 8:35-9:25am Julia ADVANCED STRENGTH 9:40-10:35am Scott HATHA I 10:45-12:00PM Sarah	BASIC STRENGTH 8:05-8:55AM Julia CYCLE * 8:30-9:30AM Sean Studio 2 BASIC STEP 9:05-10:00AM Scott HATHA II 10:15-11:30AM Kate C.

YKids – 8AM-1PM - 12/26 & 12/31

YKids CLOSED - 12/24, 12/25 & 1/1/17

NOTE: Class schedules and /or Instructor may change without notice.

NEW YEARS WEEK GROUP EX SCHEDULE 2016-2017

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
DEC.27	DEC.28	DEC.29	DEC.30	DEC.31	JAN 1	JAN 2
5:30 AM- 10PM	5:30 AM- 10PM	5:30 AM- 10PM	5:30 AM- 10PM	8AM-1PM	8AM-1PM	7AM-7PM
CYCLE* 5:40-6:40AM James Studio 2 BOOTCAMP* 6:00-7:00AM Aaron Gym BASIC STRENGTH 8:00-8:50AM Scott POSTURE ESSENTIALS 8:30-9:30AM Kristi Gym AQUA ZUMBA™ 9:00-10:00AM Claudia Pool (music) BODYCOMBAT™ 9:00-9:50AM Stacey CYCLE * 9:15-10:15AM Carrie Studio 2 ADAPTIVE STENGTH 9:30-10:25AM Scott Gym STRETCH 10:00-10:25AM Kate C. ZUMBA™* 10:30-11:25AM Claudia YOGA PILATES 11:30-12:25PM Lisa S. HATHA I 12:45-2:00PM Marci CYCLE* 12:00-12:45PM Jonn Studio 2 CARDIO TENNIS (\$) 12:00-1:00PM Rich Infantry Court CYCLE * 6:00-7:00PM Katie Studio 2 HIIT 6:30-7:30PM Jonn Gym	BODYPUMP™* 6:00-7:00AM Jon W. BASIC PILATES 8:00-8:55AM Lisa S. CYCLE* 8:30-9:30AM Debbie Studio 2 AQUA BASIC STRENGTH 9:00-10:00AM Jacqui Pool (music) PILOXING BARRE™ 9:05-10:00AM Carrie HATHA II 10:15-11:30AM Marci BOXING INTERVAL TRAINING (Bring boxing gloves if you have) 11:40-12:35PM Ray GYM CARDIO TENNIS (\$) 12:00-1:00PM Rob Infantry Court BASIC PILATES 4:00-4:55PM Lisa S. ADVANCED STRENGTH 5:15-6:00PM Julia	CYCLE* 5:40-6:40AM James Studio 2 BOOTCAMP* 6:00-7:00AM Aaron BODYPUMP™* 8:00-8:50AM Stacey POSTURE ESSENTIALS 8:30-9:30AM Kristi Gym AQUA ZUMBA™ 9:00-10:00AM Claudia Pool (music) BODYCOMBAT™ 9:00-9:50AM Stacey CYCLE* 9:15-10:15AM Christel Studio 2 ZUMBA™ 10:30-11:25AM Claudia YOGA PILATES 11:30-12:25PM d'Este CYCLE* 12:00-12:45PM Catherine Studio 2 CARDIO TENNIS (\$) 12:00-1:00PM Jackson Infantry Court HATHA I 12:45-2:00PM Lindsey HIIT 6:30-7:30PM Ray Gym	BALLET BARRE 8:00-8:55AM Lisa S. CYCLE* 8:30-9:30AM Katie Studio 2 AQUA BASIC STRENGTH 9:00-10:00AM Deep Catherine Pool BASIC STEP 9:05-10:00AM Julia HATHA II * 10:15-11:30AM Carrie BODYPUMP™* 11:40-12:40PM Stacey CARDIO TENNIS (\$) 12:00-1:00PM Rich Infantry Court	CYCLE* 8:30-9:25AM Scott Studio 2 BASIC STEP 8:35-9:25AM Julia YEAR END WORKOUT ! 9:40-10:35AM Scott FELDENKRAIS™ 11:00-12:00PM Hilda (Focuses on improving the mobility of the spine and hips)	CYCLE* 8:15-9:15AM Amy Studio 2 HATHA I 8:30-10:00AM Marci BASIC STRENGTH 10:15-11:15AM Julia	BASIC PILATES 8:00-8:55AM d'Este CYCLE * 8:30-9:30AM Sean Studio 2 AQUA BASIC STRENGTH 9:00-10:00AM Kate Shallow Sandra Deep Pool BASIC STEP 9:05-10:00AM Scott CHAIR ESSENTIALS 10:00-10:55AM Kristi Studio 2 HATHA II 10:15-11:30AM Noel PILOXING BARRE™ 11:40-12:35PM Carrie CARDIO TENNIS (\$) 12:00-1:00PM Rob Infantry ZUMBA™ 5:00-5:55PM Jackie W. CYCLE * 5:15-6:00PM Amy Studio 2 LIIT 6:05-6:50PM Aaron

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