



# Yolo County YMCA Group Fitness Schedule

**APRIL 2025**  
Revised 03.27.25

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Cycling Open</b> 6:30am-7:20am Kelly	<b>Pilates Mat</b> 7:00am-7:50am Beth	<b>Yoga All Levels</b> 6:30am-7:20am Jennifer	<b>Cycling Open</b> 6:30am-7:20am Kelly
<b>Low Impact Aerobics</b> 8:00am & 10:00am	<b>SAIL</b> 10:30-11:00am	<b>Low Impact Aerobics</b> 8:00am & 10:00am	<b>SAIL</b> 10:30-11:00am	<b>Low Impact Aerobics</b> 8:00am & 10:00am
<b>Yoga Chair</b> 9:00am-9:50am Jennifer		<b>Rowdy Yoga</b> 10am-10:50am <b>Line Dancing</b> 11:00am-11:50am Katherine		<b>Yoga Chair</b> 9:00am-9:50am Jennifer
	<b>Chair Fitness</b> 11:30am-12:10pm Sabrina	<b>Tai Chi</b> 11:30am-12:10pm Susan	<b>Chair Fitness</b> 11:30am-12:10pm Sabrina	<b>Tai Chi</b> 11:30am-12:10pm Susan
<b>Woodland Stompers</b> 1:30am-3:30pm				
<b>Viniyoga</b> 5:30pm-6:20pm Jennifer	<b>Zumba</b> 5:30pm-6:20pm Vanessa	<b>Viniyoga</b> 5:30pm-6:20pm Jennifer	<b>Zumba</b> 5:30pm-6:20pm Vanessa	<b>Viniyoga</b> 5:30pm-6:20pm Jennifer
	<b>Yoga All Levels</b> 6:30pm-7:20pm Ebony		<b>Yoga Flow **</b> 6:30pm-7:20pm Lauren	<b>**Monthly Meditation</b> 3rd Thursday of the month 7:30pm-8:00pm Lauren
<b>Classes offered by the City of Woodland &amp; are FREE to Woodland Residents</b>				
<b>Class Location:</b>	<b>Woodland Gym</b>	<b>Woodland Gym</b>	<b>College St</b>	

**Woodland Facility Hours:**  
Monday-Friday: 6:00am - 8:00pm  
Saturday: 8:00am - 12:00pm  
Sunday: CLOSED

**College St Facility Hours**  
Monday 9:00am-8:00pm  
Wednesday & Friday 9:00am-5:00p



All Group Exercise classes are included with Membership!  
Drop in rates:  
Adult: \$12 Youth & Senior: \$7

## **CLASS DESCRIPTION**

**Chair Fitness:** Light exercise, done mostly seated, to strengthen your core for improved balance, strengthen muscles and improve flexibility. This is a good class to work on balance and strength for falls prevention. This class is also great for socializing while improving your overall health.

**Cycling Open:** Join others for some cycling and socializing in this morning Open Cycle time. Go at your own pace, create your own workout, or follow along with others. The indoor cycling bikes are available for you to get your legs moving and heart pumping while meeting new friends at the YMCA.

**Functional Strength:** designed to help you enjoy life to its fullest potential. Strength and mobility are essential to refine as we age, and this class will improve both your functional strength and mobility. Throughout our days we all squat, bend, reach, and lift; this circuit-styled class is a full-body workout built to make those tasks easier.

**Line Dancing:** Get ready to have fun, get fit, and gain confidence on the dance floor! Join our beginner-friendly country line dancing class, where you'll learn both classic and contemporary country line dances plus a few pop favorites. No experience? No problem! We'll take it step by step at a comfortable pace, making this a great way to enjoy a high-energy cardio workout while mastering new moves.

**Monthly Meditation:** The 3rd Thursday of the month there will be a 30 minute meditation class following Yoga Flow. Yoga is used to prepare the body for meditation, while yoga attendance is not required it is beneficial to the meditation practice. This guided practice will help you center your mind, reduce stress, and enhance relaxation. Whether you're new to meditation or experienced, take this time to reset and recharge.

**Pilates Mat:** Pilates mat is a class that combines stretching, strengthening and balance exercises with an emphasis on core control (core = abdominals, hips, shoulders and back). Pilates is known to benefit posture, movement control and control of back pain. Most exercises can be modified to fit various fitness levels.

**Tai Chi:** The ultimate purpose of Tai Chi is to cultivate the "qi", or life energy within us, to flow smoothly and powerfully throughout the body. The essential principles include mind integrated with the body; control of movements and breathing; generating internal energy, mindfulness, song (loosening 松) and jing (serenity 静).

**Yoga: All levels:** This format centers both breath and body – aligning the physical and mental by practicing stillness and gentle movements for extended periods of time. Poses are done on the floor, and can incorporate props such as straps, bolsters and blocks, ultimately promoting deep muscle relaxation and improved flexibility. **Yoga Chair:** Explore the range of movement of yoga postures with chair support. Members that find it challenging to get on and off the floor are a perfect fit for Chair Yoga. **Flow:** Intertwines posture with breath in a series of movements that flow seamlessly together within your exercise regime, you bring balanced health and harmony to your body and mind. **Gentle:** A gentle and slow-flowing approach to Yoga with emphasis on increasing flexibility and range-of-motion. Experience a release of stress and an increase in focus with gentle stretching in this wonderful class. **Viniyoga:** The Viniyoga approach to an āsana (implementing postures) focuses on the following four points: Function Over Form – the science of adapting the forms of the postures to achieve the best results for each student; Breath and Adaptation – the emphasis on breath as the foundation for movement to produce different results that best serves each student; Repetition and Stay – the practice of repeating a movement and then staying in the stretch for long-lasting adaption; and the Art and Science of Sequencing – allows the teacher to create practices of different orientation, length, and intensity to suit the intention and context of each practice.

**Zumba:** We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.