



Yolo County YMCA Group Fitness Schedule

MARCH 2025
Revised 02.26.25

Monday **Tuesday** **Wednesday** **Thursday** **Friday**

	Cycling Open 6:30am-7:20am Kelly	Pilates Mat 7:00am-7:50am Beth	Yoga All Levels 6:30am-7:20am Ebony	Cycling Open 6:30am-7:20am Kelly
Low Impact Aerobics 8:00am & 10:00am		Low Impact Aerobics 8:00am & 10:00am		Low Impact Aerobics 8:00am & 10:00am
Yoga Chair 9:00am-9:50am Jennifer		Rowdy Yoga 10am-10:50am Line Dancing 11:00am-11:50am Katherine		Yoga Chair 9:00am-9:50am Jennifer
	Chair Fitness 11:30am-12:10pm Sabrina	Tai Chi 11:30am-12:10pm Susan	Chair Fitness 11:30am-12:10pm Sabrina	Tai Chi 11:30am-12:10pm Susan
Woodland Stompers 1:30am-3:30pm			Functional Strength 12:30pm-1:20pm 3/6, 3/13 & 3/20 ONLY Sabrina	
	Zumba 5:30pm-6:20pm Vanessa	Viniyoga 5:30pm-6:20pm Jennifer	Zumba 5:30pm-6:20pm Vanessa	Viniyoga 5:30pm-6:20pm Jennifer
Viniyoga 5:30pm-6:20pm Jennifer	Yoga All Levels 6:30pm-7:20pm Ebony		Yoga Flow 6:30pm-7:20pm Lauren	

Classes offered by the City of Woodland & are FREE to Woodland Residents

Class Location:	Woodland Gym	Woodland Gym	College St
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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.

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.

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.

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.

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. **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.