

Fitness Center Schedule

Last updated: September 2026

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7 a.m.						
8 a.m.						
9 a.m.		Fit Camp 8:15 a.m.		Fit Camp 8:15 a.m.		Fit Camp 8:15 a.m.
10 a.m.	CORE 9 a.m.	Gentle Flow Yoga 9:30 a.m.	Zumba Gold 9:30 a.m.	Gentle Flow Yoga 9:30 a.m.	Zumba Gold 9:30 a.m.	Gentle Flow Yoga 9:30 a.m.
11 a.m.	Spin 10 a.m.	Pilates 10:30 a.m.		Pilates 10:30 a.m.		Pilates 10:30 a.m.
12 p.m.						Caregiver Core 11:30 a.m.
1 p.m.						
2 p.m.						
3 p.m.		Chair Yoga 2:30 p.m.		Chair Yoga 2:30 p.m.		
4 p.m.			Intro TRX 4 p.m.		Intro TRX 4 p.m.	
5 p.m.		Balance, Barre, Ball 4:30 p.m.	Spin 4:30 p.m.	Balance, Barre, Ball 4:30 p.m.	Spin 4:30 p.m.	
6 p.m.			Fit Camp 5:30 p.m.		Fit Camp 5:30 p.m.	

Adventist Health Fitness Center, 4 S. Forest Road, Sonora
 209-536-3831
 \$7 per class; \$6 per class for seniors, college students,
 first responders, school and county employees.
 FREE for Adventist Health associates!



Class descriptions

Balance, Barre, Ball – Working with balance goes beyond just strengthening leg and core muscles. BBB will challenge your whole body to act as one unit, strengthening muscles, improving stability, joint mobility and most of all balance, all while finding our focus, exercising and having fun.

Caregiver Core: Yoga + Pilates Fusion – Babies and young children 5 and under are welcome. This gentle movement class is for caregivers to build strength, stretch, and reset — no need for childcare, no pressure for quiet. Come as you are and move as you can.

CORE – This is a serious workout that combines a variety of exercises aimed at strengthening your core and toning your abs and glutes.

Fit Camp– Get fit and work your entire body with this circuit workout that combines cardio training with upper body, lower body and core strengthening.

Intro to Pilates– Intro Pilates is a mat-based Pilates class that will help you to increase strength, flexibility and balance. This class is low/no impact and will integrate breath and movement with proper body mechanics to increase greater physical and mental health and awareness of how your body moves and feels.

Spin– Have fun with friends, cycling to music and improving your strength and endurance with this great cardiovascular workout, perfect for all ability levels.

TRX– Our total body resistance (TRX) classes use gravity and body weight to help you build strength, balance, coordination and core stability.

Chair Yoga– This gentle form of yoga is practiced sitting on a chair or using a chair for support during standing poses. Chair yoga is great for older adults, people with balance or coordination issues, and those with disabilities. Chair yoga helps increase flexibility, lung capacity, circulation and strength, improves balance, and relieves stress.

Gentle Flow Yoga– An uplifting blend of spiritual and physical practices, yoga incorporates movement, dynamic breathing techniques and meditation. Gentle flow yoga is specifically for those new to yoga or who are interested in a gentle practice, with simple flowing sequences to warm up the body and slower paced movements focusing on alignment, strength, balance and flexibility.

Child and Parent Yoga and Mindfulness– This series offers a supportive space for children of all ages and their caregivers to build connection, practice emotional regulation, and enjoy positive shared experiences through gentle movement and mindfulness activities.

Zumba GOLD– Designed specifically for beginners, active older adults and participants new to fitness, this low-impact class is fun and energizing and gets hearts pumping while building stamina, challenging coordination and incorporating balance exercises with rhythm, agility and strength!