

Sunflower Wellness – Bay Area Class Schedule

San Francisco:

Total Body Conditioning
San Francisco Bay Club
Mondays, 10:00am - 11:00am
Instructor: Jane Clark

Pilates Allegro
San Francisco Bay Club
Tuesdays, 9:30am - 10:30am
Instructor: Heather Stevens

EMPOWER Aqua (in the pool)
San Francisco Bay Club
Wednesdays, 10:00am - 11:00am
Instructor: Tricia Probert

Strength + Balance
Fitness SF (Mid Market)
Wednesdays, 10:30am - 11:30am
Instructor: Anita Lalwani

Pilates Allegro
San Francisco Bay Club
Thursdays, 9:30am - 10:30am
Instructor: Kelly Dyke

EMPOWER Aqua (in the pool)
San Francisco Bay Club
Thursdays, 7:30am - 8:30am
Instructor: Tricia Probert

Core & More
UCSF Osher Center - Free
Fridays, 10:00am - 11:30am
Instructor: Jane Clark

Sunflower Wellness Yoga
Fitness SF (Mid Market)
Saturdays, 9:00am - 10:15am
Instructor: Greg Weiting

Marin:

Strength and Balance
Bay Club Marin
Mondays, 4:30pm - 5:30pm
Instructor: Regan Fedric

Sunflower Wellness Qigong
Bay Club Marin
Mondays, 3:00pm - 4:00pm
Instructor: Denise Aubin

Level 1- Strength & Conditioning
Bay Club Marin
Mondays, 4:00pm - 4:30pm
Instructor: Kristine Swenson-Brown

Yoga with Weights: Baptiste Method
Bay Club Marin
Tuesdays, 1:00pm - 2:00pm
Instructor: Sherri Baptiste

Strength + Balance
Rolling Hills Club
Tuesdays, 5:00pm - 6:00pm
Instructor: Tori Graw

Pilates Allegro
Bay Club Marin
Tuesdays, 2:00 pm - 3:00 pm
Instructor: Bobbie Reis

Sunflower Wellness Yoga
Bay Club Marin
Wednesdays, 4:15 pm - 5:30pm
Instructor: Marcie Anderson

Strength & Conditioning
Rolling Hills Club
Wednesdays, 4:30 pm - 5:30pm
Instructor: Kim Kouri

Pilates Allegro
Bay Club Marin
Thursdays, 2:00 pm - 3:00 pm
Instructor: Heather Stevens

Pilates Allegro
Bay Club Marin
Thursdays, 4:00pm - 5:00pm
Instructor: Heather Stevens



Living through cancer with exercise

Aquafit
Rolling Hills Club
Thursdays, 1:00pm - 2:00pm
Instructor: Tori Graw

Cycling, Stretching & Strength
Bay Club Marin
Fridays, 11:30 am - 12:45 pm
Instructor: Amy Landers

Strength and Balance
The Club at Harbor Point
Fridays, 1:00pm - 2:00pm
Instructor: Ginny Erwin

Yoga with Weights: Baptiste Method
Bay Club Marin
Fridays, 1:00pm - 2:00pm
Instructor: Sherri Baptiste

Zumba Toning
Rolling Hills Club
Saturdays, 9:00am - 10:00am
Instructor: Jillian

Sunflower Wellness Yoga
YMCA Marin
Saturdays, 10:00am - 11:00am
Instructor: Lianna Vivoli

South Bay:

Exercise for Health
Samyama Yoga Center - Free
Tuesdays, 1:30pm - 2:30pm
Instructor: Julie Grosvenor

Wellness Through Movement
Stanford Cancer Center - Free
Thursdays, 1:30 pm - 2:30 pm
Instructor: Julie Grosvenor

Strength and Stretch
Bay Club Courtside, Studio A
Wednesdays, 2:30pm – 3:30pm
Instructor: Julie Grosvenor

Notes: Fee or membership required unless noted as *Free*. Sunflower Wellness partners offer special discounted memberships, class passes and scholarships for our class participants. To learn how to sign up, turn this page over. For more details on our class schedule and locations check out sunflowerwellness.org. If you have questions, please contact us at 415-234-7010.