



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MISSION VALLEY YMCA & TOBY WELLS YMCA FAMILY FITNESS SCHEDULE | FEBRUARY

## MORNING

**MONDAY**  
**Toby Wells ZUMBA**  
8:00 - 8:55a  
Serena (S1) ◆ 7+

**Mission Valley ZUMBA**  
11:35a - 12:30p  
Sachiko/Hideko (S1) ☺ 7+

**TUESDAY**  
**Mission Valley CYCLING**  
8:30 - 9:25a  
Joe (S2) ◆ 7+

**Toby Wells PILATES**  
9:00 - 9:55a  
Flo (S1) ☺ 7+ ★ GS

**Toby Wells EXTREME FIT**  
9:45 - 10:40  
Kelly (S4) I/A 7+

**Mission Valley PILATES**  
10:30 - 11:25a.  
Maryann (S1) ☺ 7+

**Toby Wells ZUMBA**  
11:00 - 11:55  
Rorie (S4) ☺ 7+ ★ GS

**WEDNESDAY**  
**Toby Wells ADAPTIVE YOGA**  
10:30 - 11:25  
Deena (S2) ☺ 7+

**Toby Wells ZUMBA**  
11:05 - 12:00  
Saori (S4) 7+

**THURSDAY**  
**Toby Wells CARDIO BLAST**  
8:30 - 9:25a  
Patricia (S4) 7+

**Mission Valley EXERCISE LITE**  
9:30 - 10:25a  
Amy (S1) ☺ 7+ ★ GS

**Toby Wells EXTREME FIT**  
10:00 - 10:55a  
Kelly (S4) 7+

**Mission Valley TRX**  
10:30 - 11:25a  
Maryann(S1) ☺ 7+ ★ GS

**FRIDAY**  
**Toby Wells ZUMBA**  
8:00 - 8:55  
Rorie (S4) 7+

**Mission Valley ZUMBA**  
10:30 - 11:25  
Thomas (S1) ☺ 7+

**SATURDAY**  
**No Group Exercise Classes**

**SUNDAY**  
**Toby Wells HATHA YOGA/INTRO**  
7:30 - 8:40  
David (S2) ★ GS 7+

**Toby Wells PILATES**  
9:30 - 10:40  
Don W. (S1) ☺ 7+

**Toby Wells ZUMBA**  
11:00 - 12:25p  
Jane (S4) 7+

**Toby Wells CYCLING**  
11:05 - 12:00  
Marie (S3) 7+

**Mission Valley DANCE! SPIRIT GROOVE**  
11:15 - 12:25  
Sue (S1) 7+

### TW HOURS OF OPERATION

Mon. - Thu. 5:00 a.m. - 9:30 p.m.  
Friday 5:00 a.m. - 8:30 p.m.  
Saturday 6:30 a.m. - 6:00 p.m.  
Sunday 6:30 a.m. - 5:00 p.m.

### MV HOURS OF OPERATION

Mon. - Thu. 4:30 a.m. - 10:30 p.m.  
Friday 4:30 a.m. - 9:30 p.m.  
Saturday 6:00 a.m. - 8:00 p.m.  
Sunday 6:30 a.m. - 7:00 p.m.

- ◆ **PASS REQUIRED** Space is limited. Pick up a pass at the Welcome Center.
- ☺ **BABY FRIENDLY** Babies in stroller or carrier are allowed. No toddlers, please.
- 7+ **7+ Formerly Family Friendly.** Children ages 7-12 and parent/guardian must actively participate together. OR, minimum age denoted.
- ♥ **Y ACTIVE ADULTS** Activities designed for older adults
- ★ **GETTING STARTED** A great place to begin or restart your exercise program
- I/A **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided

### LOCATIONS:

(S1) Studio 1      (S2) Studio 2  
(S3) Studio 3      (S4) Studio 4  
(CR) Community Room



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## AFTERNOON/EVENING

**MONDAY**  
Toby Wells  
**STRENGTH**  
4:30 - 5:25p  
Kelly (S4) 7+

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Toby Wells  
**CYCLING**  
5:00 - 5:55p  
Don/Janis (S3) 7+

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Toby Wells  
**EXTREME FIT**  
6:30 - 7:25p  
Don C. (S4) 7+

**TUESDAY**  
Mission Valley  
**EXTREME FIT** 7+  
12:30 - 1:25p  
Chad (S1) ☺ I/A

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Mission Valley  
**EXERCISE LITE** 7+ GS  
4:00 - 4:55p  
Jill D. (S1) ☺

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Toby Wells  
**CYCLING** 7+ GS  
5:00 - 5:55  
Carlos (S3)

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Toby Wells  
**ZUMBA** 7+  
6:35 - 7:45  
Fleeta (S4)

**WEDNESDAY**  
Toby Wells  
**CARDIO BLAST** 7+  
12:00 - 12:30  
Patricia (S4)

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Mission Valley  
**DANCE! SPIRIT GROOVE** 7+  
12:30 - 1:40p  
Sue (S1)

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Toby Wells  
**STRENGTH** 7+  
4:30 - 5:25  
Jamie (S4)

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Toby Wells  
**CYCLING** 7+  
5:00 - 5:55  
Don W. (S3)

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Toby Wells  
**ZUMBA** 7+  
5:30 - 6:25  
Hideko (S4)

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Mission Valley  
**FAMILY YOGA** 5+ GS  
6:00 - 6:45p  
Christine (S4) ♦ ☺

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Mission Valley  
**ZUMBA** 7+  
6:30 - 7:25p  
Jane (S1)

**THURSDAY**  
Mission Valley  
**EXERCISE LITE** 7+ GS  
3:30 - 4:25p  
Jill D. (S1) ☺

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Toby Wells  
**CYCLING** 7+  
5:00 - 5:55  
Nicole (S3)

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Mission Valley  
**ZUMBA** 7+  
6:35 - 7:30p  
Miriam (S1)

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Toby Wells  
**ZUMBA** 7+  
6:35 - 7:45  
Fleeta (S4)

**FRIDAY**  
Mission Valley  
**ZUMBA** 7+  
5:05 - 6:00  
Pam (S1) ☺

**SATURDAY**  
Mission Valley  
**ZUMBA** 7+  
12:00 - 12:55  
Lachele (S1) ☺

**SUNDAY**  
Mission Valley  
**ZUMBA** 7+  
12:30 - 1:25  
Pam (S1) ☺

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Mission Valley  
**ZUMBA** 7+  
4:00 - 4:55  
Lachele (S1) ☺

### MONTHLY UPDATES:

- **FEBRUARY 12:** All Zumba classes will be canceled due to Zumbathon event.
- **ZUMBATHON/BARRE-A-THON 2017:** Support your community 12-3:30 p.m. at our annual Zumbathon/Barre-a-thon at the Toby Wells YMCA.



### REMINDERS:

- All family-friendly classes are open to youth ages 7+, unless otherwise noted.
- Members ages 7-12 need to have a parent/guardian present in class.
- Youth need to be actively engaged during class activities.
- All schedules are subject to change.
- For class descriptions & levels, see the class description flier at the Welcome Center.
- For substitutions/alternate instructors, check missionvalley.ymca.org.
- Boxed classes are under review.
- **NOTE:** Please do not enter studios after class begins.

### NOT SURE WHAT CLASS TO TRY?

Ask for a class description sheet at the Welcome Center or visit [missionvalley.ymca.org](http://missionvalley.ymca.org)