



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MISSION VALLEY YMCA GROUP EXERCISE SCHEDULE | JULY

## MORNING

DAY	TIME	CLASS	INSTRUCTOR	LEVEL	NOTES
MONDAY	5:30 - 6:25	EXTREME FIT	Jason (S1)	I/A	
	5:30 - 6:25	CYCLING	Sam C. (S2)		
	7:00 - 7:55	HI-LOW CARDIO	Corrie (S1)		♥ ☺
	7:00 - 7:55	QIGONG	Kathi (S4)		
	7:00 - 7:55	CYCLING	Fred (S2)		
	8:00 - 8:55	PILATES	Jill G. (S4)		
	8:25 - 9:20	TRX	Fred (S1)		◆ ☺
	8:30 - 9:25	CYCLING	Marie (S2)		
	9:00 - 9:55	ZUMBA GOLD	Pam (S4)		◆ ♥ ★ GS
	9:30 - 10:25	CARDIO BLAST	Amy (S1)		☺
10:05 - 11:00	POWER YOGA	Deena (S4)		◆	
10:30 - 11:25	STRENGTH	Maryann (S1)		☺	
11:05 - 12:00	HATHA YOGA	Colette (S4)		◆ 7+	
11:35 - 12:30	ZUMBA	Sachiko/Hideko (S1)☺			
TUESDAY	5:30 - 6:25	EXTREME FIT	Kelly (S1)	I/A	
	5:30 - 6:25	CYCLING	Steve (S2)		◆
	7:00 - 7:55	BARRE	Maryann (S1)		
	7:00 - 7:55	CYCLING	Marty (S2)		◆
	7:30 - 8:25	POWER YOGA	Deena (S4)		◆ I/A
	8:00 - 8:35	STEP	Jill G. (S1)		I/A
	8:30 - 9:25	CYCLING	Joe (S2)		◆ 7+ ★ GS
	8:40 - 9:25	BOSU	Jill G. (S1)		♥
	8:40 - 9:35	HATHA YOGA	Sunje (S4)		◆
	9:30 - 10:25	U-JAM FITNESS	Sam S. (S1)		7+
9:40 - 10:35	HI-LOW CARDIO	Corrie (S4)		◆ ♥ ☺	
10:30 - 11:25	PILATES	Maryann (S1)		☺ 7+	
10:40 - 11:25	FOREVER FIT	Jill D. (S4)		◆ ♥	
11:30 - 12:15	STRETCH/STRENGTH	Jill D. (S1)		♥ ☺	
11:40 - 12:35	TAI CHI	Henry (S4)		◆	
WEDNESDAY	5:30 - 6:25	EXTREME FIT	Jason (S1)	I/A	
	5:30 - 6:25	CYCLING	Melissa (S2)		◆
	7:00 - 7:55	CARDIO BLAST	Corrie (S1)		♥ ☺
	7:00 - 7:55	CYCLING	Kashmira (S2)		◆
	7:30 - 8:25	HATHA YOGA	Marguerite T. (S4)		◆
	8:15 - 9:20	BODYPUMP	Mat (S1)		◆
	8:30 - 9:25	CYCLING	Marie (S2)		◆
	9:00 - 9:55	HATHA YOGA	Colette (S4)		◆
	9:30 - 10:25	BARRE	Jenn (S1)		◆
	10:30 - 11:25	STRENGTH	Maryann (S1)		◆ 7+ ★ GS
10:30 - 11:25	CYCLING/INTRO	Joe (S2)		◆ NEW!	
10:35 - 11:30	HATHA YOGA	Laura H. (S4)		◆ ♥	
11:30 - 12:25	TRX	Chad (S1)		◆ ☺	
11:40 - 12:35	PARKINSONS	Jeff (S4)		◆	
THURSDAY	5:30 - 6:25	BODYPUMP	Steve/Nanette (S1)		◆
	5:30 - 6:25	CYCLING	Fred (S2)		◆
	7:00 - 7:55	CYCLING	Ruthy (S2)		◆
	7:30 - 8:25	POWER YOGA	Deena (S4)		◆ I/A
	8:00 - 8:35	STEP	Jill G. (S1)		I/A
	8:30 - 9:25	HATHA YOGA	Marguerite T. (S4)		◆
	8:40 - 9:25	BOSU	Jill G. (S1)		♥
	9:30 - 10:25	EXERCISE LITE	Amy (S1)		☺ 7+ ★ GS
	9:30 - 10:25	BARRE	Maryann (S4)		◆
	10:30 - 11:25	TRX	Maryann (S1)		◆ 7+ ☺
10:30 - 11:25	CYCLING	Jason (S2)		◆	
10:40 - 11:25	FOREVER FIT	Jill D. (S4)		◆ ♥	
11:30 - 12:15	STRETCH/STRENGTH	Jill D. (S1)		♥ ☺	
11:35 - 12:45	HATHA YOGA	Colette (S4)		◆	
FRIDAY	5:30 - 6:25	PILATES	Nanette (S1)	I/A	
	7:00 - 7:55	CYCLING	Marie (S2)		◆
	7:00 - 7:55	HI-LOW CARDIO	Corrie (S1)		♥ ☺
	7:30 - 8:25	HATHA YOGA	Laura (S4)		◆
	8:25 - 9:25	BODYPUMP	Marie (S1)		◆
	8:30 - 9:25	CYCLING	Marty (S2)		◆
	8:30 - 9:25	HATHA YOGA	Dinah (S4)		◆
	9:40 - 10:35	BARRE	Jenn (S1)		◆
	10:40 - 11:35	ZUMBA	Thomas (S1)		☺ 7+
	10:30 - 11:15	CYCLE/STRENGTH	Chad (S2)		◆
10:40 - 11:35	GENTLE YOGA	Marguerite B. (S4)		◆ ♥ ★ GS	
11:40 - 12:35	PARKINSONS	Pam (S1)		◆	
11:40 - 12:35	PILATES	Lesley (S4)		◆	
SATURDAY	7:15 - 8:25	STRETCH	Dinah (S4)		◆
	7:20 - 8:15	BODYCOMBAT	Joanne/Jenna (S1)		◆
	7:30 - 8:25	CYCLING	Chris (S2)		◆
	8:30 - 9:25	EXERCISE LITE	Jill D. (S1)		◆ ★ GS
	9:00 - 9:55	CYCLING	Don/David (S2)		◆
	9:35 - 10:30	ZUMBA	Lachele (S1)		◆
	10:30 - 11:25	CYCLING	Wes (S2)		◆
	10:45 - 11:50	BODYPUMP	Tracy (S1)		◆
	11:00 - 12:10	HATHA/STRETCH	Banoo (S4)		◆
	8:00 - 8:55	TAI CHI	Henry (S1)		◆
8:30 - 9:25	HATHA YOGA	Dinah (S4)		◆	
9:00 - 9:50	HI-LOW CARDIO	Robin (S1)		◆	
9:30 - 10:40	CYCLING	David (S2)		◆	
9:35 - 10:30	GENTLE YOGA	Katie (S4)		◆ ♥ ★ GS	
10:00 - 11:00	BODYPUMP	Robin (S1)		◆	
10:40 - 11:35	PILATES	Claire (S4)		◆	
11:15 - 12:15	DANCE! SPIRIT GROOVE	Sue (S1)		◆ ♥ 7+	
11:40 - 12:10	CORE FIT	Claire (S4)		◆ I/A	

◆ **PASS REQUIRED** Space is limited. Passes available 30 min. before class 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, min. age denoted.

♥ **Y ACTIVE ADULTS** Activities designed for older adults (50+)

★ **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  
(S4) Studio 4



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# MISSION VALLEY YMCA GROUP EXERCISE SCHEDULE | JULY

## AFTERNOON/EVENING

**MONDAY**

**PARKINSONS/ ARTHRITIS**  
12:05 - 1:00  
Amy (S4) ◆

**VINYASA YOGA**  
4:00 - 4:55  
Marguerite B. (S4) ◆

**TRX**  
4:30 - 5:25  
Maryann (S1) ◆ ☺

**POWER YOGA**  
5:05 - 6:00  
Chelsi (S4) ◆ I/A

**BODYPUMP** (NEW)  
5:30 - 6:25  
Rebecca (S1) ◆

**CYCLING**  
5:30 - 6:25  
J.R. (S2) ◆

**BARRE**  
6:05 - 7:00  
Rachel (S4) ◆

**ZUMBA**  
6:35 - 7:30  
Andrea (S1)

**PILATES**  
7:05 - 8:00  
Jen (S4) ◆

**TUESDAY**

**CYCLING**  
12:00 - 12:45  
Joe (S2) ◆

**EXTREME FIT** (NEW)  
12:30 - 1:25  
Kong (S1) 7+ ☺ I/A

**POSTURE PERFORMANCE**  
12:40 - 1:35  
Jeff (S4) ♥ ◆

**GENTLE YOGA**  
1:45 - 2:40  
Banoo (S4) ♥ ◆

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

**ADAPTIVE YOGA**  
4:45 - 5:40  
Dinah (S4) ♥ ◆

**BODYCOMBAT**  
5:30 - 6:25  
Joanne (S1)

**CYCLING**  
5:30 - 6:25  
Ray (S2) ◆

**POWER YOGA**  
5:50 - 6:45  
Christina (S4) ◆ I/A

**BODYPUMP**  
6:30 - 7:25  
Joanne (S1) ◆

**STRETCH**  
6:55 - 7:50  
Dinah (S4) ◆

**WEDNESDAY**

**DANCE! SPIRIT GROOVE**  
12:30 - 1:30  
Sue (S1) 7+ ◆

**BALANCE**  
1:00 - 1:45  
Bernadette (S4) ◆ ♥

**HATHA YOGA**  
2:45 - 3:40  
Lesley (S4) ◆

**VINYASA YOGA**  
4:00 - 4:55  
Marguerite B. (S4) ◆

**BODYPUMP**  
4:15 - 5:10  
Marie (S1) ◆ ☺

**PILATES**  
5:00 - 5:55  
Jen (S4) ◆

**BODYCOMBAT**  
5:30 - 6:25  
Amy (S1)

**CYCLING**  
5:30 - 6:25  
Harini (S2) ◆

**FAMILY YOGA** GS  
6:00 - 6:45  
Christine (S4) ◆ ☺ 5+

**ZUMBA**  
6:35 - 7:30  
Jane (S1) 7+ ◆

**GENTLE YOGA** ♥  
7:00 - 7:55  
Marguerite B. (S4) ◆

**THURSDAY**

**POSTURE PERFORMANCE**  
12:30 - 1:25  
Jeff (S1) ♥

**GENTLE YOGA**  
2:00 - 3:10  
Banoo (S4) ♥ ◆

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

**HATHA YOGA**  
3:30 - 4:25  
Banoo (S4) ◆ I/A

**BODYCOMBAT**  
4:30 - 5:25  
Jenna (S1)

**TAI CHI**  
4:30 - 5:25  
Henry (S4) ◆

**BODYPUMP**  
5:30 - 6:25  
Jenna (S1) ◆

**HATHA YOGA**  
5:35 - 6:30  
David (S4) ◆

**CYCLING**  
6:00 - 6:55  
Wes (S2) ◆

**BARRE**  
6:35 - 7:30  
Jacqueline (S4) ◆

**ZUMBA**  
6:35 - 7:30  
Miriam (S1) 7+ ◆

**STRETCH**  
7:35 - 8:30  
Dinah (S4) ♥ ◆

**FRIDAY**

**HATHA YOGA**  
12:40 - 1:35  
Lesley (S4) ◆

**BALANCE**  
1:00 - 1:45  
Bernadette (S1) ♥

**ADAPTIVE YOGA**  
2:50 - 3:45  
Dinah (S4) ♥ ◆

**POWER YOGA**  
4:30 - 5:25  
Deena (S4) ◆

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

**PILATES**  
5:30 - 6:25  
Deena/Moana (S4) ◆

**BODYPUMP**  
6:15 - 7:10  
Joanne (S1) ◆

**STRETCH**  
6:30 - 7:40  
Robin (S4) ◆

**SATURDAY**

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

**HATHA YOGA**  
12:15 - 1:25  
Banoo (S4) ◆ I/A

**KUNDALINI YOGA**  
1:30 - 2:40  
Banoo (S4) ◆

**SUNDAY**

**FOAM ROLLER**  
12:15 - 12:45  
Claire (S4) ◆

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

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

### MONTHLY UPDATES:

- **JULY 3-9, STARS AND STRIPES:** The Y shows appreciation for our military men and women. Members are encouraged to wear red, white and blue attire.
- **TUESDAY, JULY 4:** Facility opens at 7 a.m. and closes at 2 p.m. in observance of Independence Day. (MODIFIED GROUP EXERCISE SCHEDULE)
- **JULY 7, 8 & 9:** BODYPUMP 102 launch
- **JULY 8:** BODY COMBAT 72 launch

### REMINDERS:

- All schedules are subject to change.
- For class descriptions & levels see class description flier at the Welcome Center.
- For substitutions/alternate instructors, check [ymca.org/missionvalley](http://ymca.org/missionvalley)
- Shaded classes are under review.
- **NOTE:** Please do not enter studios after class begins.

### 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.

### NOT SURE WHAT CLASS TO TRY?

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

5505 Friars Road  
San Diego, CA 92110  
619-298-3576

[ymca.org/missionvalley](http://ymca.org/missionvalley)

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