



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MISSION VALLEY YMCA GROUP EXERCISE SCHEDULE | MAY

## MORNING

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

◆ **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, min. age denoted.

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

GS **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 | MAY

## 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** **NEW!**  
5:05 - 6:00  
Chelsi (S4) ◆ I/A

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

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

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

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

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

**TUESDAY**

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

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

**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:

- **MONDAY, MAY 29:** Facility opens at 7 a.m. and closes at 2 p.m. in observance of Memorial Day.
- **SUNDAY, JUNE 4:** Facility opens at 12 p.m. due to the Rock 'n' Roll Marathon.

### 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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