



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TOBY WELLS YMCA GROUP EXERCISE SCHEDULE | JULY

MORNING

MONDAY

CYCLING
5:30 - 6:25
Megan (S3)

BODYPUMP
5:30 - 6:25
Jen (S4)

ZUMBA
8:00 - 8:55
Thomas(S2) ♦ 7+

CYCLING
8:30 - 9:25
Michele (S3)

STRENGTH
8:30 - 9:25
Patricia (S4) ☺

PILATES
9:00 - 9:55
Fiona (S1)

HATHA YOGA
9:30 - 10:25
Dinah (S2)

EXERCISE LITE
9:30 - 10:25
Jill (S4) ♥ 6S

PILATES/INTRO
10:00 - 10:55
Fiona (S1) 6S

ADAPTIVE YOGA
10:30 - 11:25
Dinah (S2) ☺ 7+ 6S

CYCLING
11:30 - 12:15
Caprice (S3)

TUESDAY

CYCLING
5:30 - 6:25
Jen (S3)

EXTREME FIT
5:30 - 6:00
Ali (S4)

CXWORX
6:00 - 6:30
Ali (S4)

CARDIO BLAST
8:00 - 8:55
Natalie (S2) ♥ ♦

STRENGTH
8:30 - 9:25
Kelly (S4) ☺

PILATES
9:00 - 9:55
Flo (S1) ☺ 7+ 6S

POWER YOGA
9:30 - 10:40
Laura (S2) I/A

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

U-JAM
11:00 - 11:55
Hideko (S4) ☺ 7+

WEDNESDAY

CYCLING
5:30 - 6:25
Judi/Ali (S3)

BODYPUMP
5:30 - 6:25
Michele (S4) ♦

POWER YOGA/STRENGTH
6:00 - 6:55
Megan (S1) I/A

ZUMBA GOLD
8:00 - 8:55
Thomas (S2) ♥

CYCLING
8:30 - 9:25
Kelly (S3)

EXTREME FIT
8:30 - 9:25
Hodge (S4) I/A

PILATES
9:00 - 9:55
Fiona (S1)

HATHA YOGA
9:30 - 10:25
Deena (S2)

BODYPUMP
9:30 - 10:25
Fleeta (S4) ♦

ADAPTIVE YOGA
10:30 - 11:25
Deena (S2) ☺ 7+

CXWORX
10:30 - 11:00
Fleeta (S4) ☺ 7+

ZUMBA
11:05 - 12:00
Saori (S4) ☺ 7+

CYCLING
11:30 - 12:15
Theresa (S3) 6S

THURSDAY

CYCLING
5:30 - 6:25
Debbie (S3)

EXTREME FIT
5:30 - 6:25
Kelly (S4) I/A

CARDIO BLAST
8:00 - 8:55
Corrie (S2) ♥ ♦

CARDIO BLAST
8:30 - 9:25
Patricia (S4) ☺ 7+

PILATES
9:00 - 9:55
Fiona (S1)

POWER YOGA
9:30 - 10:40
Laura (S2)

TRX/HIIT
9:30 - 9:55
Alley (S4) ☺ I/A

TURBO KICK
10:00 - 10:55
Sachiko (S1) 7+

EXTREME FIT
10:00 - 10:55
Kelly (S4) I/A

FRIDAY

CYCLING
5:30 - 6:25
Kelly (S3)

POWER YOGA/STRENGTH
6:00 - 6:55
Megan (S1) I/A

ZUMBA NEW!
8:00 - 8:30
CeCe (S4) 7+

U-JAM NEW!
8:30 - 9:00
CeCe (S4) 7+

CYCLING
8:30 - 9:25
Rich (S3)

PILATES
9:00 - 9:55
Flo/Fiona (S1)

HATHA YOGA
9:30 - 10:25
Duke (S2)

CARDIO BLAST
9:30 - 10:25
Alley (S4)

EXERCISE LITE
10:00 - 10:55
Jill (S1) ♥

ADAPTIVE YOGA
10:30 - 11:25
Duke (S2) ☺ 7+

SATURDAY

CYCLING
7:30 - 8:45
Nicole (S3)

PILATES
8:00 - 8:55
Fiona (S1)

BODYPUMP
8:00 - 8:55
Megan (S4) ♦

POWER YOGA
8:30 - 9:55
Jacqueline (S2) ♦ I/A

CARDIO BLAST
9:00 - 9:55
Jamie (S4)

CXWORX
9:05 - 9:35
Megan (S1)

CYCLING
9:15 - 10:10
Steve/Michele (S3)

TRX
10:00 - 10:55
Don C./Nicky (S4) ☺ ♦

GENTLE YOGA ♦
10:15 - 11:25
Jacqueline (S2) 6S

TRX/INTRO ☺
(First Saturday of the month only)
11:00 - 11:30
Don C./Nicky (S4) 6S

SUNDAY

HATHA YOGA/INTRO 7+ ★
7:30 - 8:40
Marguerite (S2)

CYCLING
7:30 - 8:45
Rene (S3)

HATHA YOGA
8:15 - 9:25
Karen T. (S1)

POWER YOGA
9:15 - 10:40
Morrie (S2) I/A

CYCLING
9:15 - 10:10
Lesley D (S3)

BODYPUMP
9:15 - 10:10
Marie (S4) ♦

PILATES
9:30 - 10:40
Don W. (S1) ☺ 7+

CXWORX
10:20 - 10:50
Marie (S4) ♦

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

VINYASA YOGA 7+ ★
11:00 - 12:05
Amanda (S2)

ZUMBA ☺
11:00 - 12:00
Jane (S4) 7+ 6S

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.

5105 Overland Avenue
San Diego, CA 92123
858-496-9622

ymca.org/tobywells

- ♦ **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+ **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
- 6S **GETTING STARTED** A great place to begin or restart your exercise program
- I/A **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided

\$ **FEE-BASED** Fee-based class

LOCATIONS:

(S1) Studio 1 (S2) Studio 2 (S3) Studio 3 (S4) Studio 4



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TOBY WELLS YMCA GROUP EXERCISE SCHEDULE | JULY

AFTERNOON/EVENING

MONDAY

HATHA YOGA
12:00 - 12:45
Craig (S2)

CARDIO BLAST
12:00 - 12:55
Denise (S4)

CYCLING
12:30 - 1:15
Debbie (S3)

STRENGTH
4:30 - 5:25
Kelly (S4)

ZUMBA TONING
5:00 - 5:30
Erna (S2)

CYCLING
5:00 - 5:55
Don/Janis (S3)

CXWORX
5:30 - 6:00
Erna (S2)

BOSU
5:30 - 6:25
Jamie (S4)

CYCLING
6:00 - 6:55
Wes (S3)

POWER YOGA
6:30 - 7:45
Morrie (S2)

EXTREME FIT
6:30 - 7:25
Don C. (S4)

TUESDAY

PILATES
12:00 - 12:45
Flo (S1)

HATHA YOGA
12:00 - 12:55
Pam (S2)

CYCLING
12:00 - 12:45
Heather (S3)

BODYPUMP
12:00 - 12:55
Alley (S4)

CXWORX
1:00 - 1:30
Alley (S4)

TRX/EXTREME FIT
4:30 - 5:25
Caprice (S4)

CYCLING
5:00 - 5:55
Carlos (S3)

HATHA YOGA
5:15 - 6:10
Nancy (S2)

BODYPUMP
5:30 - 6:25
Chris (S4)

POWER YOGA/HEATED
6:00 - 7:30
Morrie (S1)

CYCLING
6:00 - 6:55
Christina (S3)

KUNDALINI YOGA
6:30 - 7:25
Sybilla (S2)

ZUMBA
6:35 - 7:45
Fleeta (S4)

WEDNESDAY

BARRE
12:00 - 12:55
Flo (S1)

CARDIO BLAST
12:05 - 12:35
Patricia (S4)

CYCLING
12:30 - 1:15
Kashmira (S3)

CORE FIT
12:35 - 1:05
Patricia (S4)

STRENGTH
4:30 - 5:25
Jamie (S4)

CYCLING
5:00 - 5:55
Don W. (S3)

POWER YOGA
5:30 - 6:40
Deena (S2)

ZUMBA
5:30 - 6:25
Hideko (S4)

CYCLING
6:00 - 6:55
TBA (S3)

BODYPUMP
6:30 - 7:25
Laura B. (S4)

CXWORX
7:30 - 8:00
Laura B. (S4)

THURSDAY

PILATES
12:00 - 12:45
Lesley (S1)

HATHA YOGA
12:00 - 12:55
Pam (S2)

CYCLING
12:00 - 12:45
Samantha (S3)

BODYPUMP EXPRESS
12:00 - 12:45
Alley (S4)

CXWORX
12:45 - 1:15
Alley (S4)

TRX/EXTREME FIT
4:30 - 5:25
Caprice (S4)

CYCLING
5:00 - 5:55
Nicole (S3)

BODYPUMP
5:30 - 6:25
Jen (S4)

POWER YOGA
5:30 - 6:40
Erna (S2)

ZUMBA
6:35 - 7:45
Fleeta (S4)

FRIDAY

HATHA YOGA
12:00 - 12:45
Lauren (S2)

CYCLING
12:00 - 12:45
Don (S3)

BODYPUMP
12:00 - 12:55
Fleeta (S4)

CXWORX
1:00 - 1:30
Fleeta (S4)

BODYPUMP EXPRESS
4:30 - 5:15
Kylee (S4)

CYCLING
5:00 - 5:55
David (S3)

CXWORX
5:15 - 5:45
Kylee (S4)

POWER YOGA/HEATED
5:30 - 6:25
Morrie (S1)

HATHA YOGA
6:45 - 7:55
Dee (S2)

SATURDAY NO AFTERNOON/
EVENING CLASSES

SUNDAY NO AFTERNOON/
EVENING CLASSES

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 and CXWORX 27 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 missionvalley.ymca.org.
- Shaded 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 ymca.org/tobywells