



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TOBY WELLS YMCA GROUP EXERCISE SCHEDULE | MAY

## 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** **NEW!**  
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+

**ZUMBA**  
11:00 - 11:55  
Rorie (S4) ☺ 7+ 6S

**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  
Amy (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** **NEW!**  
8:00 - 8:55  
TBD (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**  
8:00 - 8:55  
Rorie (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** **NEW!**  
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** **NEW!** 7+ 6S  
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** 7+  
11:05 - 12:00  
Marie (S3)

**VINYASA YOGA**  
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](http://ymca.org/tobywells)

- ♦ **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+ **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



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# TOBY WELLS YMCA GROUP EXERCISE SCHEDULE | MAY

## AFTERNOON/EVENING

**MONDAY**

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

**CARDIO BLAST**  
12:00 - 12:55  
Alley (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  
Rorie (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  
John (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**  
4:30 - 5:30  
Kylee (S4)

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

**CXWORX**  
5:30 - 6:00  
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:

- MONDAY, MAY 29: Facility closes at 2 p.m. in observance of Memorial Day.

### 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](http://ymca.org/tobywells)