



LEMOND

November 2009

Toby Wells YMCA



Monday

TIME	CLASS	STUDIO	INSTRUCTOR
■ A.M.			
5:30 - 6:30	Cycle (Int./Adv.)	3	Gary
8:30 - 9:25	Cycle	3	Robin
8:30 - 9:25	TBW ☺	4	Jen T.
9:30-10:25	Low Impact	4	Jill
10:30-11:30	Bootcamp ☺	4	Patricia/Alley
■ P.M.			
12:00-12:45	Cycle	3	Katie
12:00-12:25	TBW	4	Patricia
12:30-12:55	Ab Blast	4	Patricia
2:45 - 4:25	Kids Fitness <i>(extra fee)</i>	4	Caprice
4:30 - 5:25	On the Ball	4	Cindy
5:00 - 6:00	Cycle	3	Don
5:30 - 6:25	Rep Reebok	4	Cindy/Jen A.
6:05 - 7:05	Cycle	3	David
6:30 - 7:25	Step & Sculpt (Int./Adv.)	4	Shari/Molly/Jen A

Tuesday

TIME	CLASS	STUDIO	INSTRUCTOR
■ A.M.			
5:30 - 6:25	Cycle	3	TBA
5:30 - 6:30	Kickbox	4	Patricia
6:30 - 7:30	Cycle	3	Chris
8:30 - 9:30	Cycle	3	Flo
8:30 - 9:25	Diesel ☺	4	Cindy
9:30-10:25	Low Impact	4	Lorrel
11:10-11:55	Turbo Kick ☺	4	Kathy
■ P.M.			
12:00-12:45	Cycle	3	Cindy/Jen T.
12:00-12:55	Rep Reebok	4	Alley
5:00 - 6:00	Cycle	3	TBA
5:30 - 6:25	Step	4	Corrie
6:05 - 7:05	Cycle (Int./Adv.)	3	Gary
6:30 - 7:30	Zumba ☺	4	Fleeta

Wednesday

TIME	CLASS	STUDIO	INSTRUCTOR
■ A.M.			
5:30 - 6:15	Cycle (Int./Adv.)	3	Gary
5:30 - 6:30	TBW	4	Erica
8:45 - 9:45	Cycle	3	Michael
8:30 - 9:25	Sports Drills ☺	4	Lori
9:30-10:25	TBW	4	Lori
10:30-10:55	On the Ball	4	Lori
■ P.M.			
12:00-12:45	Cycle	3	Katie
12:00-12:25	TBW	4	Patricia
12:30-12:55	AB Blast	4	Patricia
2:45 - 4:25	Kids Fitness <i>(extra fee)</i>	4	Caprice
4:30 - 5:25	On the Ball	4	Cindy
5:00 - 6:00	Cycle	3	Don
5:30 - 6:25	Diesel	4	Cindy
6:05 - 7:05	Cycle	3	David
6:30 - 7:25	Step & Sculpt (Int./Adv.)	4	Shari/Molly/Jen A

Thursday

TIME	CLASS	STUDIO	INSTRUCTOR
■ A.M.			
5:30 - 6:25	Cycle	3	TBA
5:30 - 6:30	Kickbox	4	Patricia
6:30 - 7:30	Cycle	3	Flo
8:30 - 9:25	Diesel ☺	4	Cindy
9:30-10:25	Turbo Kick ☺	4	Kathy
9:30-10:25	Cycle	3	Lori/Cindy
10:30-11:25	TBW/ Step	4	Ruth
■ P.M.			
12:00-12:55	Rep Reebok	4	Alley
12:00-12:45	Cycle	3	Caprice/Heather
5:00 - 6:00	Cycle	3	Jen A
5:30 - 6:30	TBW	4	Shelby
6:05 - 7:05	Cycle	3	Jen A/Sara
6:30 - 6:25	Zumba ☺	4	Fleeta

Friday

TIME	CLASS	STUDIO	INSTRUCTOR
■ A.M.			
5:30 - 7:00	Cycle (Int./Adv.)	3	Gary
8:30 - 9:25	TBW ☺	4	Alley
8:45 - 9:45	Cycle	3	Carolyn
9:30-10:25	Low Impact	4	Jill
10:30-11:25	Sports Drills	4	Patricia/Alley
■ P.M.			
12:00-12:45	Cycle ☺	3	Karen
12:00-12:55	Cardio Sculpt	4	Alley
5:30 - 6:30	Step & Sculpt (Beg.)	4	Molly/Shari
5:30 - 6:30	Cycle	3	J.R./Caprice

Saturday

TIME	CLASS	STUDIO	INSTRUCTOR
■ A.M.			
7:30 - 8:45	Cycle	3	Jen T.
9:00 - 9:55	Latin Groove	4	Leo
9:15-10:15	Cycle	3	Sara
10:00-10:55	TBW/Rep Reebok	4	Darlene/Cindy

Sunday

TIME	CLASS	STUDIO	INSTRUCTOR
■ A.M.			
7:10 - 8:15	Cycle (Adv.)	3	Gary
9:15-10:15	Cycle	3	Chris/Christina
9:15-10:15	TBW	4	Lesley/Katrina
10:30-11:30	Cycle	3	Caprice

☺ **Baby Friendly** = Babies too young for Kid's Place may accompany their mother to class. Babies must be in stroller or car seat. (Unhappy babies should leave immediately).

Classes are for ALL levels except where noted.

Studio Cycling & Group Exercise

Toby Wells YMCA

NOVEMBER 2009

PLEASE NOTE: Toby Wells YMCA is CLOSED Thanksgiving Day (11/26), but will open from 8am-12pm for a special, "Pre Pig-Out" Workout.

LEMOND STUDIO CYCLING AND GROUP EXERCISE

*Schedule subject to change
Please view our website for the most
updated schedule.*

Toby Wells Facility Hours:

Monday-Friday5:00 a.m.-9:00 p.m.
Saturday.....7:00 a.m.-6:00 p.m.
Sunday.....7:00 a.m.-6:00 p.m.

Kids Place Hours:

1.5 hour limit unless where noted
Monday-Friday8:00 a.m.- 2:00 p.m.
2 hour limit: 3:00 p.m.- 8:00 p.m.
Saturday.....8:00 a.m.- 2:00 p.m.
Sunday.....9:00 a.m.- 2:00 p.m.

Toby Wells YMCA

5105 Overland Avenue • 858-496-9622
www.missionvalley.ymca.org

CLASS DESCRIPTIONS

- AB Blast** A power blast to the mid-section that will teach you to support your back and develop better posture.
- Bootcamp** A rigorous bootcamp circuit. Plyometrics, strength and cardio.
- Cardio Sculpt** Group strength and cardio training that will incorporate plyometrics and agility training.
- Cardio Blast** Anything goes cardio. This class incorporates hi/lo aerobics, kickboxing, step and agility training.
- Diesel** Strength training with cardio bursts.
- Low Impact** A traditional aerobic cardiovascular class with large, dynamic movements for an effective, vigorous workout.
- Kickbox** A total body workout. Burn calories, gain strength and have fun incorporating a fusion of kickbox and strength training exercises.
- On the Ball** This class uses a stability ball to engage the core doing a variety of cardio and muscle conditioning exercises.

- Rep Reebok** A choreographed weight training class that uses the principle of periodization to help participants see results.
- Salsa/Latin Groove** Aerobics with a Latin flair.
- Sports Drills** Agility, plyometric, and cardio training with a sports theme. If you like to play, this class would be great for you.
- Step & Sculpt** Traditional step aerobics class which will include a strength training component.
- Studio Cycling** is an awesome cardio workout performed to music on specially designed stationary bikes.

- Turbo Kick** is designed with a sport specific athletic warm-up, an advanced cardio section (choreographed), using intensity of kickboxing drills and increased tempo "sprints", followed by work-recovery segments.
- TBW** Total Body Workout incorporates 3 components of fitness (cardiovascular, strength work and flexibility) in one class.

TIPS FOR THE RIDE

- **Show up** 5-10 minutes prior to class to set up your cycle and/or warm-up.
- **Padded cycling shorts** and/or a gel seat cover are recommended.
- **Bring** a water bottle.
- **Tennis shoes** work fine. SPD compatible cycling shoes are great for extra control.

CYCLE INSTRUCTORS

- Jen Alvord
- Michael Amon
- Dave Andaleon
- Robin Beltran
- Katie Butler
- Linda Erwin
- Karen Herrera
- J.R. Lauritano
- Michelle Noack
- Christina Macatee
- Heather MacDonald
- Gary Miller
- Jeff Parker
- Julie Pallia
- Chris Pryor
- Jen Roberts
- Sara Sas
- Natasha Tininenko
- Cindy Webster
- Michelle Weinstein
- Carolyn Wisdom
- Don Wright

GROUP EXERCISE INSTRUCTORS

- Jen Alvord
- Lesley Dobalian
- Molly Downs
- Jill Drexler
- Shari Houser
- Darlene Johnson
- Corrie Noll
- Rorie Ring
- Michelle Noack
- Lorrel Ruben
- Patricia Schantz
- Kathy Schossow
- Alley Stewart
- Lori Viegas
- Cindy Webster

Class sessions will be closed 5 minutes after the start of each class.

ADDITIONAL INFORMATION

- **For any questions contact Lindsey Nelson, Fitness Coordinator, at Toby Wells YMCA, 858-496-9622, ext. 3012.**