

AUGUST | MISSION VALLEY YMCA GROUP EXERCISE SCHEDULE

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

MORNING CLASSES AM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYPUMP® 12:35-1:30 Chad (S1)	TAI CHI 11:40 - 12:35 Kathi (S4)	DANCE! SPIRIT GROOVE 12:30 - 1:30 Sue (S1) ♥ 7+	POSTURE PERFORMANCE 12:30 - 1:25 Jeff (S1)	HATHA YOGA 12:40 - 1:35 Lesley (S4)	ZUMBA® 12:00 - 12:55 Lachele (S1) 7+ ☺	FOAM ROLLER 12:15 - 12:45 Claire (S4)
PARKINSONS/ ARTHRITIS 12:05 - 1:00 Amy (S4)	CYCLING 12:00 - 12:45 Joe (S2) 7+ ⭐	BALANCE 1:00 - 1:45 Bernadette (S4) ♥ ♥	GENTLE YOGA 2:00 - 3:10 Banoo (S4) ♥ ♥	BALANCE 1:00 - 1:45 Bernadette (S1) ♥	HATHA YOGA 12:20 - 1:30 Banoo (S4) I/A	ZUMBA® 12:30 - 1:25 Pam (S1) ☺ 7+
VINYASA YOGA 4:00 - 4:55 Marguerite B. (S4)	POSTURE PERFORMANCE 12:40 - 1:35 Jeff (S4) ♥ ♥	HATHA YOGA 2:45 - 3:40 Lesley (S4)	HATHA YOGA 3:30 - 4:25 Banoo (S4) I/A	ADAPTIVE YOGA 2:50 - 3:45 Dinah (S4) ♥ ♥	KUNDALINI YOGA 1:35 - 2:45 Banoo (S4)	ZUMBA® 4:00 - 4:55 Lachele (S1) ☺ 7+
TRX® 4:30 - 5:25 Maryann (S1) ♥ ☺	GENTLE YOGA 1:45 - 2:40 Banoo (S4) ♥ ♥	VINYASA YOGA 4:00 - 4:55 Marguerite B. (S4)	BODYCOMBAT® 4:30 - 5:25 Jenna (S1)	POWER YOGA 4:30 - 5:25 Deena (S4)		
POWER YOGA 5:05 - 6:00 Chelsi (S4) I/A	ADAPTIVE YOGA 4:45 - 5:40 Dinah (S4) ♥ ♥	BODYPUMP® 4:15 - 5:10 Marie (S1) ♥ ☺	TAI CHI 4:30 - 5:25 Henry (S4)	ZUMBA® 5:05 - 6:00 Pam (S1) ☺ 7+		
BODYPUMP® 5:30 - 6:25 Mariah (S1)	BODYCOMBAT® 5:30 - 6:25 Joanne (S1)	PILATES 5:00 - 5:55 Jen (S4)	BODYPUMP® 5:30 - 6:25 Jenna (S1)	PILATES 5:30 - 6:25 Deena (S4)		
CYCLING 5:30 - 6:25 J.R. (S2)	CYCLING 5:30 - 6:25 Ray (S2)	BODYCOMBAT® 5:30 - 6:25 Robin (S1)	HATHA YOGA 5:35 - 6:30 David (S4)	BODYPUMP® 6:15 - 7:10 Joanne (S1)		
BARRE 6:05 - 7:00 Alicia (S4)	POWER YOGA 5:50 - 6:45 Christina (S4) I/A	CYCLING 5:30 - 6:25 Harini (S2) 7+ ⭐	CYCLING 6:00 - 6:55 Wes (S2)	STRETCH 6:30 - 7:40 Robin (S4)		
ZUMBA® 6:35 - 7:30 Andrea (S1) 7+	BODYPUMP® 6:30 - 7:25 Joanne (S1)	ZUMBA® 6:35 - 7:30 Jane (S1) 7+ ⭐	BARRE/CORE FIT 6:35 - 7:30 Shauna (S4)			
PILATES 7:05 - 8:00 Jen (S4)	STRETCH 6:55 - 7:50 Dinah (S4)	GENTLE YOGA 7:00 - 7:55 Marguerite B. (S4) ♥	ZUMBA® 6:35 - 7:30 Miriam (S1) 7+ ⭐			
			STRETCH 7:35 - 8:30 Dinah (S4) ♥ ♥			

AFTERNOON/EVENING PM

- REMINDERS:**
- All schedules are subject to change.
 - For class descriptions & levels see class description poster.
 - For substitutions/alternate instructors, check ymca.org/missionvalley
 - Shaded classes are under review.
 - No cell phone use allowed in studios.
 - **NOTE:** Please do not enter studios after class begins.

KEY	◆ PASS REQUIRED Space is limited. Passes available 30 min. before class at the Welcome Center	♥ Y ACTIVE ADULTS Activities designed for older adults (50+)	LOCATIONS (S1) Studio 1 (S2) Studio 2 (S4) Studio 4
	☺ BABY FRIENDLY Babies in stroller or carrier are allowed. No toddlers, please.	⭐ GETTING STARTED A great place to begin or restart your exercise program.	
	7+ 7+ Children ages 7-12 and parent/guardian must actively participate together. OR, min. age denoted.	I/A INTERMEDIATE/ADVANCED Higher intensity and advanced instruction provided.	