

PENINSULA FAMILY YMCA GROUP EXERCISE SCHEDULE | NOVEMBER

MORNING

MONDAY

CARDIO BLAST  
 6:00 - 6:50
 Charlotte (FG)

CYCLING
 6:00 - 6:50
 Julie (MPR)

HYDRO HEALING
 6:30 - 7:20
 Sallie (P)

PILATES
 7:00 - 7:50
 Robyn (GRX)

AQUA FIT/DEEP 
 7:35 - 8:25
 Sallie (P)

ZUMBA @
 8:00 - 8:50
 Rachel (GRX)

BODYPUMP EXPRESS@ 
 9:00 - 9:50
 Diana (GRX)

FOREVER FIT
 9:00 - 9:50
 Sallie (SPBS*) 

STRETCH/STRENGTH
 10:00 - 10:50
 Sarah V. (MPR)

FUSION YOGA
 10:00 - 10:50
 Jane (GRX)

FUSION YOGA
 11:00 - 11:50
 David (GRX)

DANCE!
 11:00 - 11:50
 Sarah V. (MPR) 

AQUA FIT
 11:05 - 11:55
 Marion (P)

TUESDAY

BODYPUMP EXPRESS@ 
 6:00 - 6:50
 Sarah M. (GRX)

HYDRO HEALING
 6:30 - 7:20
 Sallie (P)

CARDIO BLAST
 7:00 - 7:50
 Jeanie (GRX)

AQUA FIT/DEEP 
 7:35 - 8:25
 Sallie (P)

COREFIT/ CIRCUT 
 8:00 - 8:50
 Megan (GRX)


CYCLING
 9:00 - 9:50
 Elizabeth (MPR)

STABILITY BALL
 9:00 - 9:50
 Julie (GRX)

HATHA YOGA
 10:00 - 10:50
 Jen S. (GRX)

CORE FIT
 11:00 - 11:20
 Sarah V. (GRX)

AQUA FIT
 11:05 - 11:55
 Marion (P)

EXERCISE LITE
 11:30 - 12:20
 Sarah V. (GRX) 

ZUMBA@
 11:15 - 12:05
 Rachel (MPR)

WEDNESDAY

CARDIO BLAST  
 6:00 - 6:50
 Charlotte (FG)

AQUA FIT/DEEP 
 7:35 - 8:25
 Sia (P)

PILATES
 7:00 - 7:50
 Marianne (GRX)

BODYPUMP@
 8:00 - 9:15
 Sarah M. (GRX)

KUNDALINA YOGA
 8:00 - 8:50
 Banoo (MPR)

TAI CHI CHUAN
 9:00 - 9:50
 John P. (MPR)


FOREVER FIT
 9:00 - 9:50
 Elke (PLPC) 

ZUMBA GOLD TONING@
 9:30 - 10:20
 Lisbeth (GRX)


STRETCH/STRENGTH 
 10:00 - 10:50
 Sarah V. (MPR)

HATHA/FUSION YOGA 
 10:30 - 12:00
 Anne (GRX)

DANCE!
 11:00 - 11:50
 Sarah V. (MPR) 

AQUA FIT/DEEP
 11:05 - 11:55
 Marion (P) 

THURSDAY

BODYPUMP EXPRESS@ **NEW!** 
 6:00 - 6:50
 Rachel (GRX)

EXTREME FIT  
 6:00 - 6:50
 Suzi (FG)

AQUA DANCE
 7:00 - 7:50
 Simone (P) 

STRENGTH
 7:00 - 7:50
 Robyn R. (GRX)

DANCE! CARDIO MIX
 8:00 - 8:50
 Sarah V. (GRX)


CX WORX@ 
 8:00 - 8:45
 Diana (MPR/GB)

CYCLING
 9:00 - 9:50
 Diana (MPR/GB)

STABILITY BALL
 9:00 - 9:50
 Pam (GRX)

HATHA YOGA
 10:00 - 10:50
 Jen S. (GRX)

CORE FIT
 11:00 - 11:20
 Sarah V. (GRX)

AQUA FIT
 11:05 - 11:55
 Jeanie (P) 

EXERCISE LITE
 11:30 - 12:20
 Sarah V. (GRX) 

FRIDAY

STRENGTH 
 6:00 - 6:50
 Elke (GRX)

BALANCE/STRENGTH 
 7:00 - 7:50
 Suzi (GRX)

AQUA FIT DEEP 
 7:05 - 7:55
 Simone (P)

ZUMBA @
 8:00 - 8:50
 Lydia (GRX)

CYCLING
 8:00 - 8:50
 David (MPR) 

TAI CHI CHUAN
 9:00 - 9:50
 John P. (MPR)


FOREVER FIT
 9:00 - 9:50
 Elke (SPBS*) 

BODYPUMP EXPRESS@ 
 9:00 - 9:50
 Ashley (GRX)

VINYASA YOGA
 10:00 - 10:50
 Sylvia (GRX)

STRETCH/STRENGTH
 10:00 - 10:50
 Sarah V. (MPR)


BALANCE/STRENGTH
 11:00 - 11:50
 Julie (MPR)

ZUMBA@ 
 11:05 - 11:55
 Lisbeth (GRX)

AQUA FIT/DEEP
 11:05 - 11:55
 Marion (P) 


SATURDAY

CARDIO BLAST  
 7:30 - 8:20
 Charlotte (FG)

FUSION YOGA 
 8:00 - 8:50
 Cecilia (MPR)

EXTREME FIT  
 8:30 - 9:20
 Diana (GB)

CX WORX@  
 9:30 - 10:05
 Diana (GB)

CYCLING 
 9:00 - 9:50
 Elizabeth (MPR)

FUSION YOGA
 10:00 - 10:50
 Anne (GB/MPR*)

*See front desk for info

SUNDAY

CYCLING  
 10:10 - 11:00
 Kelly (MPR)

BALANCE/STRENGTH
 11:30 - 12:20
 Julie (MPR)

LOCATIONS

- MPR:** Multi-Purpose Room
- FG:** Haus Family Gym
- P:** Patio
- SPBS:** Saint Peters By the Sea (offsite)
- GB:** Green Belt
- PLPC:** Point Loma Presbyteruian Church (Offsite)
- GRX:** Group Exercise Room

 **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.

 **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+)

 **GETTING STARTED** A great place to begin or restart your exercise program

INTERMEDIATE/ADVANCED Higher intensity and advanced instruction provided

 **FEE-BASED** Fee-based class



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PENINSULA FAMILY YMCA GROUP EXERCISE SCHEDULE | NOVEMBER

AFTERNOON/EVENING

MONDAY

PILATES
4:30 - 5:20
Marianne (GRX) **7+**

DANCE! CARDIO MIX
5:30 - 6:20
Lauren F. (GRX)

HITT
5:30 - 6:20
Audrey (GB/MPR) **I/A**

CYCLING
6:00 - 6:50
David (MPR) ◆

HATHA YOGA
6:30 - 7:20
Banoo (GRX) **7+**

TUESDAY

FUSION YOGA
4:30 - 5:20
David (GRX) **I/A**

CX WORX®
5:00 - 5:45
Diana (GB/MPR) **I/A**

BODYPUMP EXPRESS®
5:30 - 6:20
Peggy (GRX) **I/A**

PILATES ★
6:00 - 6:50
Robyn (MPR) **7+**

KARATE INTRO ★
6:30 - 7:20
Erik (GRX) \$ **7+**

KARATE
7:30 - 9:00
Erik (GRX) **I/A**

WEDNESDAY

PARKINSONS
12:00 - 12:50
Lisbeth (SPBS)

STRETCH/STRENGTH
4:30 - 5:30
Sarah V. (GRX) **7+**

ZUMBA®
5:30 - 6:20
Lydia (GRX) **7+**

HIIT
5:30 - 6:20
Diana (GB/MPR) **I/A**

HATHA YOGA
6:30 - 7:20
Jen S. (GRX)

THURSDAY

CORE FIT
5:00 - 5:40
Julie (MPR) **7+**

CYCLING
6:00 - 6:50
Kelly (MPR) ◆

BODYPUMP EXPRESS®
5:30 - 6:20
Peggy (GRX) **I/A**

KARATE
7:30 - 9:00
Chris (GRX) \$ **I/A**

FRIDAY

SATURDAY

SUNDAY

FUSION YOGA
12:20 - 1:20
David (MPR) ♥

FUSION YOGA
1:30 - 2:20
David (MPR) ♥

LOCATIONS

MPR: Multi-Purpose Room
P: Patio
GB: Green Belt
GRX: Group Exercise Room

FG: Haus Family Gym
SPBS: Saint Peters By the Sea (offsite)
PLPC: Point Loma Presbyterian Church (offsite)

MONTHLY UPDATES:

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.
- No cell phone use allowed in studios.
- **NOTE:** Please do not enter studios after class begins.