

# PENINSULA FAMILY YMCA GROUP EXERCISE SCHEDULE | OCTOBER

## MORNING

**MONDAY**

**CARDIO BLAST** 6:00 - 6:50  
Charlotte (GRX) **GS** **7+**

**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) **GS**

**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. (MRP)

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

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

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

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

**TUESDAY**

**BODYPUMP EXPRESS®** 6:00 - 6:45  
Sarah M. (GRX) **GS**

**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) **I/A**

**CORE FIT/CIRCUIT** 8:00 - 8:50  
Megan (GRX) **I/A**

**CYCLING** 9:00 - 9:50  
Elizabeth (MRP)

**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 (MRP)

**WEDNESDAY**

**CARDIO BLAST** 6:00 - 6:50  
Charlotte (GRX) **GS** **7+**

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

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

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

**KUNDALINI YOGA** 8:00 - 8:50  
Banoo (MRP)

**TAI CHI CHUAN** 9:00 - 9:50  
John P. (MRP) ♥

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

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

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

**HATHA/FUSION YOGA** 10:30 - 12:00  
Anne (GRX) **7+**

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

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

**THURSDAY**

**EXTREME FIT** 6:00 - 6:50  
Suzi (FG) **7+**

**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)

**CXWORX®** 8:00 - 8:45  
Diana (MRP/GB) **I/A**

**CYCLING** 9:00 - 9:50  
Diana (MRP/GB) **7+** ♦

**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 (GRX) ♥

**FRIDAY**

**STRENGTH** 6:00 - 6:50  
Elke (GRX) **7+**

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

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

**ZUMBA®** 8:00 - 8:50  
Lydia (GRX)

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

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

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

**BODYPUMP EXPRESS®** 9:00 - 9:50  
Ashley (GRX)

**VINYASA YOGA** 10:00 - 10:50  
Sylvia (MPR)

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

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

**ZUMBA®** 11:05 - 11:55  
Lisbeth (GRX) **7+** ☺

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

**SATURDAY**

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

**FUSION YOGA** 8:00 - 8:50  
Cecilia (MRP) **7+**

**EXTREME FIT** 8:30 - 9:20  
Diana (GB) **I/A** **7+**

**CXWORX®** 9:30 - 10:05  
Diana (GB) **I/A** **7+**

**CYCLING** 9:00 - 9:50  
Elizabeth (MPR) **7+** ♦

**FUSION YOGA** 10:00 - 10:50  
Anne (GB/MPR\*)  
\*See front desk for info

**SUNDAY**

**CYCLING** 10:10 - 11:00  
Christian (MRP) **GS** ♦

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

### LOCATIONS:

**(GRX)** Group Ex. Room

**(GB)** Green Belt

**(MPR)** Multi Purpose Room

**(P)** Pool

**(FG)** Haas Family gym

**\*(SPBS)** St. Peters by the Sea

**\*(PLCPC)** Point Loma Prebyterian Church

\*Off site

♦ **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+** **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

**GS** **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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PENINSULA FAMILY YMCA GROUP EXERCISE SCHEDULE | OCTOBER

## AFTERNOON/EVENING

### MONDAY

<b>PILATES</b> 4:30 - 5:20 Marianne (GRX) 7+
<b>DANCE! CARDIO MIX</b> 5:30 - 6:20 Lauren F. (MPR)
<b>HIIT</b> 5:30 - 6:20 Audrey (GB/MPR)
<b>CYCLING</b> 6:00 - 6:50 David (MRP) ◆
<b>HATHA YOGA</b> 6:30 - 7:20 Banoo (GRX) 7+

### TUESDAY

<b>FUSION YOGA</b> 4:30 - 5:20 David (GRX) I/A
<b>CXWORX®</b> 5:00 - 5:45 Diana GB/MPR I/A
<b>BODYPUMP EXPRESS®</b> 5:30 - 6:20 Peggy (GRX)
<b>PILATES</b> ★ 6:00 - 6:50 Robyn (MPR) 7+
<b>KARATE INTRO</b> 6:30 - 7:20 Erik (GRX) \$
<b>KARATE</b> 6:30 - 7:20 Erik (GRX) \$

### WEDNESDAY

<b>PARKINSONS</b> 12:00 - 12:50 Lisbeth (GRX)
<b>STRETCH/STRENGTH</b> 4:30 - 5:30 Sarah V. (GRX) 7+
<b>ZUMBA®</b> 5:30 - 6:20 Lydia (GRX) 7+
<b>HIIT</b> 5:30 - 6:20 Diana (GB/MPR)
<b>HATHA YOGA</b> 6:30 - 7:20 Jen S. (GRX)

### THURSDAY

<b>CORE FIT</b> 5:00 - 5:40 Julie (MPR) 7+
<b>CYCLING</b> 6:00 - 6:50 Kelly (MPR) ◆
<b>BODYPUMP®</b> 5:30 - 6:20 Peggy (GRX)
<b>KARATE</b> 7:30 - 9:00 Chris (GRX) \$ I/A

### FRIDAY

### SATURDAY

<b>FUSION YOGA</b> 12:30 - 1:20 David (MRP) ♥
<b>FUSION YOGA</b> 7+ ♥ 1:30 - 2:20 Daivid (MPR) ♥

### REMINDERS:

- All schedules are subject to change.
- Sign up for text alerts to get class changes and update notifications.
- Shaded classes are under review.
- No cell phone use allowed in studios.
- **NOTE:** Please do not enter studios after class begins.