



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RANCHO FAMILY GROUP EXERCISE SCHEDULE | NOVEMBER

MORNING • LAND

MONDAY

CYCLING
5:30 - 6:30
Kristeen (S2) **7+**

BODYPUMP®
6:00 - 7:00
Rachelle (S3)

ZUMBA®
8:15 - 9:15
Harumi O. (S3)

HIIT
9:15 - 10:15
Emily (S1) **I/A**

CIRCUIT TRAINING
9:30 - 10:00
Sebastian (Outside)

CARDIO BLAST
9:30 - 10:30
Cathy (S3) **I/A**

CYCLING **GS**
9:30 - 10:30 **7+**
Nicci (S2)

TRX®
10:30 - 11:30
Cathy (S1)

HATHA YOGA
10:45 - 11:45
Francine (S3)

ZUMBA GOLD®
11:45 - 12:30
Thomas (S1) ♥

TUESDAY

CARDIO BLAST
6:00 - 7:00
Becky (S3)

BODYPUMP®
8:00 - 9:00
Cheryl (S3)

PILATES **GS**
8:00 - 9:00
Harumi H. (S1)

PILATES **I/A**
9:15 - 10:15
Harumi H. (S1)

BODYCOMBAT®
9:15 - 10:15
Cheryl (S3)

HI-LO CARDIO **GS**
10:30 - 11:30 **7+**
Diane (S1)

FOREVER FIT **GS**
11:00 - 12:00
Francine (S3) ♥

CHAIR YOGA
12:00 - 12:30
Francine (S3) ♥

WEDNESDAY

CYCLING **7+**
5:30 - 6:30
Kristeen (S2)

STRENGTH
6:00 - 7:00
Becky (S3)

ZUMBA®
8:15 - 9:15
Shelley (S3)

STROLLER JAM
9:00 - 10:00
Rachelle(Hilltop Park)

STRENGTH
9:15 - 10:15
Jenn (S1)

CARDIO BLAST **I/A**
9:30 - 10:30
Carmen (S3)

CIRCUIT TRAINING
9:30 - 10:00
Staff (Outside)

CYCLING
9:30 - 10:30
Emily (S2)

RESTORATIVE YOGA **GS**
10:30 - 11:30
Francine (S1) ♥

POWER YOGA **I/A**
10:45 - 11:45
Shelley (S3)

ZUMBA GOLD® **GS**
11:45 - 12:30
Thomas (S1) ♥

THURSDAY

CARDIO BLAST
6:00 - 7:00
Carmen (S3)

BODYPUMP®
8:00 - 9:00
Cathy (S3)

HI-LO CARDIO **GS**
9:15 - 10:15
Francine (S3)

CORE FIT
9:15 - 10:15
Diane (S1)

TRX®
10:30 - 11:30
Cathy (S1)

FOREVER FIT **GS**
11:00 - 12:00
Francine (S3) ♥

CHAIR YOGA
12:00 - 12:30
Francine (S3) ♥

FRIDAY

TRX®
5:30 - 6:30
Ruben (S1)

CARDIO BLAST/STRENGTH
6:00 - 7:00
Carmen (S3)

DANCE! CARDIO/LINE
8:15 - 9:15
Shelley (S3)

HIIT
9:15 - 10:15
Emily (S1)

CARDIO BLAST **I/A**
9:30 - 10:30
Wendy (S3)

CYCLING **7+**
9:30 - 10:30
Nicci (S2)

HATHA YOGA
10:45 - 11:45
Emily (S3)

CHAIR YOGA
11:30 - 12:15
Francine (S1) ♥

SATURDAY

ZUMBA®
8:00 - 9:00
Gerty (S3)

STEP
8:30 - 9:30
Mimi M. (S1)

CYCLING **7+**
9:30 - 10:30
Jenn (S2)

TURBO KICK
9:45 - 10:45
Jimmy (S1)

YOGA
11:00 - 12:00
Patty B./Shelley (S1)

SUNDAY

BODYPUMP®
9:00 - 10:00
Cheryl (S3)

ZUMBA®
10:15 - 11:15
Harumi O. (S3)

HATHA YOGA **GS**
11:15 - 12:15
Harumi O. (S3) ♥

TAI CHI **GS**
11:30 - 12:30
Harumi O. (S3) ♥

RANCHO FAMILY YMCA
9410 Fairgrove Lane, San Diego, CA 92129
858-484-8788

7+ 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+)

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

I/A **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided

LOCATIONS:
(S1) Studio 1 (S2) Studio 2
(S3) Studio 3

MORNING • WATER

MONDAY

AQUA INTERVAL
8:30 - 9:30
Cathy D. (Pool)

ARTHRITIS® **GS**
9:45 - 10:45
Tori (Pool) ♥

TUESDAY

COACHED MASTERS
5:30 - 6:30
Staff (Pool)

DEEP **I/A**
7:00 - 7:55
Francine (Pool)

AQUA INTERVAL
8:30 - 9:30
Carmen (Pool)

WEDNESDAY

COACHED MASTERS
5:30 - 6:30
Staff (Pool)

AQUA INTERVAL
8:30 - 9:25
Diane (Pool)

ARTHRITIS® **GS**
9:45 - 10:45
Diane (Pool) ♥

THURSDAY

COACHED MASTERS
5:30 - 6:30
Staff (Pool)

DEEP **I/A**
7:00 - 7:55
Francine (S3)

AQUA ZUMBA®
8:30 - 9:30
Harumi (Pool)

FRIDAY

AQUA COMBO **I/A**
7:30 - 8:25
Francine (Pool)

AQUA INTERVAL
8:30 - 9:25
Diane (Pool)

ARTHRITIS® **GS**
9:45 - 10:45
Tori (Pool) ♥

SATURDAY

AQUA INTERVAL
8:00 - 8:55
Diane (Pool)



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RANCHO FAMILY YMCA GROUP EXERCISE SCHEDULE | NOVEMBER

AFTERNOON/EVENING • LAND

MONDAY
KID FRIENDLY FIT
4:00 - 4:45
Mark (S3)

CARDIO BLAST
5:30 - 6:30
Carmen (S1)

BODYPUMP®
5:30 - 6:30
Cheryl (S3)

CYCLING
6:30 - 7:30 **7+**
Ray (S2)

HATHA YOGA
6:45 - 7:45
Francine (S3)

ZUMBA®
6:45 - 7:45
Harumi O. (S1)

TUESDAY
CHAIR YOGA **GS**
12:00 - 12:30
Francine (S3)

KID FRIENDLY FIT
4:00 - 4:45
Eduardo (S3)

EXTREME FIT **7+**
5:45 - 6:45
Rob (S3)

CYCLING **GS**
6:30 - 7:30
Rachelle (S2)

TAI CHI
7:00 - 8:00
Patty B. (S3)

WEDNESDAY
ZUMBA®
5:30 - 6:30
Harumi O. (S1)

BODYPUMP®
6:00 - 7:00
Jenn (S3)

CYCLING **7+**
6:30 - 7:30
Cindy (S2)

TURBO KICK
6:45 - 7:45
Jimmy (S1)

GENTLE YOGA **7+**
7:05 - 8:15 **GS**
Patty (S3)

THURSDAY
CHAIR YOGA **GS**
12:00 - 12:30
Francine (S3)

KID FRIENDLY FIT
4:00 - 4:45
Rob (S3)

STEP
5:45 - 6:45
Mimi (S1)

BODYPUMP®
6:00 - 7:00
Emily (S3)

HATHA YOGA
7:00 - 8:00
Shauna (S1)

ZUMBA®
7:15 - 8:15
Mary Rosa (S3)

FRIDAY
ZUMBA®
5:30 - 6:30
Thomas (S1)

BODYPUMP®
6:00 - 7:00
Fleeta (S3)

SATURDAY

SUNDAY

FACILITY HOURS

Mon. - Thur. 5:30 am - 10 pm
 Fri. 5:30 am - 9 pm
 Saturday 7:00 am - 7:00 pm
 Sunday 9:00 am - 5:00 pm

CHILD WATCH HOURS

Ages 6 weeks - 6 years

Mon. - Fri. 8:00 am-12:00 pm
 4:00 pm-8:00 pm
 Sat. 8:00 am-12:00 pm

THANKSGIVING SCHEDULE

Thursday, November 22

8:00 - 9:00 am
BODYPUMP®
 Jenn

8:30 - 9:30 am
AQUA INTERVAL
 Diane

9:15 - 10:15 am
CARDIO BLAST
 Carmen



AFTERNOON/EVENING • WATER

MONDAY
AQUA INTERVAL
6:35 - 7:30
Carmen (Pool)

TUESDAY
AQUA INTERVAL
6:35 - 7:30
Carmen (Pool)

WEDNESDAY
AQUA ZUMBA®
6:35 - 7:30
Lisa (Pool)



Text
RFYMCA
 to **84483**
 to receive group
 exercise changes and
 monthly updates.

MONTHLY UPDATES:

- Every Saturday, 9am - 1pm
Farmer's market. Come support your community!
- **Thursday, November 22:**
Facility is open 7-11am in observance of Thanksgiving. See modified group exercise schedule.

REMINDERS:

- All schedules are subject to change.
- For class descriptions & levels see class description flyer at the Welcome Center.
- No cell phone use allowed in studios.
- **NOTE:** Please do not enter studios after class begins.