



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RANCHO FAMILY YMCA GROUP EXERCISE SCHEDULE | OCTOBER

MORNING

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

TRX®
10:30 - 11:30
Cathy (S1)

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

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

TUESDAY

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

BODYPUMP®
8:00 - 9:00
Cheryl (S3)

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

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

BODYCOMBAT®
9:15 - 10:15
Cheryl (S3)

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

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

WEDNESDAY

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

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

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

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

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

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

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

THURSDAY

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

BODYPUMP®
8:00 - 9:00
Cathy (S3)

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

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

TRX®
10:30 - 11:30
Cathy (S1)

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

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

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

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

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

SATURDAY

ZUMBA®
8:00 - 9:00
Stephania/Gerty (S3)

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

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

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

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

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

MONDAY

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

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

TUESDAY

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

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

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
9:45 - 10:45
Diane (Pool) **GS** ♥

THURSDAY

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

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

AQUA ZUMBA®
8:30 - 9:30
Harumi (Pool)

FRIDAY

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

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

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

SATURDAY

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



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AFTERNOON/EVENING

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
 12:00 - 12:30 **GS** ♥
 Francine (S3)

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

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

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

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

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

THURSDAY
CHAIR YOGA
 12:00 - 12:30 **GS** ♥
 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

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
 Staff (Pool)

MONTHLY UPDATES:

- Every Saturday, 9 a.m. - 1p.m.
Famer's market. Come support your community!

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.