



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JACKIE ROBINSON FAMILY YMCA GROUP EXERCISE SCHEDULE | AUGUST

MORNING

MONDAY
CYCLING
 9:15 - 10:10
 Rachel (S2) ★
FOREVER FIT
 9:00 - 9:45
 Katrina (IG)
ZUMBA®
 10:15 - 11:10
 Gina (S1) 7+
LINE DANCING
 10:30 - 11:30
 (2nd & 4th Monday
 of each month)
 Pat (IG)
HATHA YOGA
 10:30 - 11:25
 Rayna (S2) ♥

TUESDAY
U-JAM®
 9:15 - 10:10
 Eric (S1) ♥ 7+
FOREVER FIT
 9:30 - 10:25
 Katrina (IG) ♥
GENTLE YOGA
 9:30 - 10:25
 Gina (S2) ☺ ♥

WEDNESDAY
RESTORATIVE YOGA
 8:00 - 8:55
 Allison (S2) ★
CYCLING
 9:15 - 10:10
 Bety (S2) ♦
ZUMBA®
 10:15 - 11:10
 Gina (S1) 7+

THURSDAY
FOREVER FIT
 9:30 - 10:25
 Katrina (IG)
U-JAM®
 9:30 - 10:25
 Renelyne (S1) 7+
HATHA YOGA
 9:30 - 10:25
 Lisa (S2) ★ ♥

FRIDAY
CYCLING
 9:00 - 9:55
 Timothy (S2) ♦
BODYPUMP®
 9:00 - 9:55
 LaKemba (S1) ♦
VINYASA YOGA
 10:15 - 11:10
 Ashley (S2)
ZUMBA®
 10:15 - 11:10
 Martha (S1) 7+ ★

SATURDAY
CYCLING
 8:15 - 9:10
 Jerome A. (S2) ♦ ☺
ZUMBA®
 8:30 - 9:25
 Gina (S1) 7+
HATHA YOGA
 9:30 - 10:25
 Stephanie (S2) ☺
BODYPUMP®
 9:45 - 10:40
 Jerome R. (S1) ♦
BODYCOMBAT® ☺
 10:50 - 11:45
 Jerome R. (S1)
AFRICAN DANCE
 11:00 - 12:30
 Aminisha (IG)

SUNDAY
 NO GROUP EXERCISE CLASSES

HOURS OF OPERATION

Mon. - Fri. 5:30 a.m. - 9 p.m.
 Saturday 7 a.m. - 6 p.m.
 Sunday 8 a.m. - 5 p.m.

CHILD WATCH HOURS

Ages 6 weeks - 6 years

Mon. - Thurs. 7:45-11:45 a.m.
 4:15-8:15 p.m.
 Friday 7:45-11:45 a.m.
 4:15-7:15 p.m.
 Saturday 8 a.m. - 12 p.m.

KIDS CLUB HOURS

Ages 7-12 years

Mon. - Thurs. 4:15-8:15 p.m.
 Friday 4:15-7:15 p.m.
 Saturday 8 a.m. - 12 p.m.

151 YMCA Way • San Diego, CA 92102
 619-264-0144

ymca.org/jackierobinson

TRANSFORMATION CHALLENGE

- Two training sessions a week, Monday/Wednesday OR Tuesday/Thursday.
- Monthly fitness/nutrition workshops.
- Accountability for your exercise program.
- Support for when you need it most.
- Motivation to stay on track and reach your wellness goals.
- A fraction of the cost of personal.
- Training and scholarships are available!
- Member pricing: \$133/month, that's about \$15/session!

SPACE IS LIMITED, SIGN UP TODAY!

For more information:

David Pendergrass • dpendergrass@ymca.org
 619-264-0144

♦ **PASS REQUIRED** Space is limited. Pick up a pass at the Welcome Center.

♥ **Y ACTIVE ADULTS ACTIVITIES**

APPROPRIATE FOR OLDER ADULTS

7+ **FAMILY FRIENDLY** Children ages 7-12 are encouraged to participate. Must actively participate with parent/guardian.

☺ **BABY FRIENDLY** Babies in stroller or carrier are allowed. No toddlers, please.

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

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

TBD Instructor to be determined

LOCATIONS:

(S1) Studio 1

(S2) Studio 2

(IG) Intergenerational Room



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JACKIE ROBINSON FAMILY YMCA GROUP EXERCISE SCHEDULE | AUGUST

AFTERNOON/EVENING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLING 5:30-6:25 Lizzie (S2) ♦	VINYASA YOGA 5:30 - 6:25 Kimberley (S2) ♥	EXTREME FIT 5:15 - 6:10 Jilana (S1) I/A	VINYASA YOGA 6:00 -6:55 Kimberley (S2) ♥	ZUMBA® 5:45 - 6:40 Jackie (S1) ☺ 7+	NO GROUP EXERCISE CLASSES	NO GROUP EXERCISE CLASSES
U-JAM® 6:00 - 6:55 Kelly (S1)	BODYPUMP® EXPRESS 6:00 - 6:45 Brian (S1) ♦	CYCLING 5:45 -6:40 Timothy (S2) ♦ ☺	BODYPUMP® EXPRESS 6:00 - 6:45 TBD (S1) ♦			
VINYASA YOGA 7:00 - 7:55 Philo (S2) ☺	ZUMBA® 7:00 - 7:55 Rumi (S1) 7+	CARDIO/STRENGTH EXPRESS 6:35 - 7:20 Nasara (S1) 7+ ♦	CARDIO BLAST 7:00 - 7:55 Debra (S1) 7+ ♦			
CARDIO BLAST EXPRESS 7:05 - 7:50 Nasara (S1) 7+ ♦	EXTREME FIT 7:15 - 8:00 Jilana (Outside Patio)	ZUMBA® EXPRESS 7:30 - 8:15 Jackie (S1)				

TRANSFORMATION CHALLENGE
New groups every month (10am or 6pm)
SEE OTHER SIDE FOR MORE INFO. →

Class Benefits:

Flexibility	Cardiovascular Fitness	Core Stability	Balance	Muscular Strength	Cognitive Health
Enhances the mind/body connection, improving coordination and reducing stress. Enhances joint range of motion. F	Strengthens the heart and lungs for efficiency. CF	Strengthens the deep abdominal muscles and improves postural alignment. CS	Improves proprioception and reduces the risk of falling. B	Increases strength and enhances muscular development and coordination. MS	Enhances neuromuscular activity and helps improve mind/body connection through specified movement patterns. CH
Barre F CS B MS Sculpt your body and improve your posture using basic ballet principles	Cycling CF Cardio workout to music on specially designed stationary bicycles. Workout towel required.	Hatha Yoga F B CH Series of traditional postures that release tension and stress	Power Yoga F CS B MS CH Dynamic and challenging high-energy workout for experienced yogis	U-JAM® CF Athletic hip hop dance fitness workout	Vinyasa Yoga F CS B MS CH Series of poses that unite movement with breath
BODYCOMBAT® CS B Choreographed non-contact martial arts-inspired workout with moves from karate, taekwondo, boxing, muay thai, capoeira and kung fu	Extreme Fit CF CS MS Rigorous boot camp circuits combining plyometrics, agility, strength and cardio exercises	Forever Fit CF MS CH Chair-based fitness using seated and standing exercises	Gentle Yoga F CS B CH Breathing and relaxation in postures that are gentle on the joints	BODYPUMP® CF MS CS A pre-choreographed full-body workout program using light to moderate weights, performing high repetition	Zumba® CF Combines unique Latin moves and rhythms to create an exciting dynamic workout
Cardio Blast CF CS MS A total-body, high-intensity cardio and strength workout					

REMINDERS:

- All schedules are subject to change.
- Youth under the age of 13 can attend only designated classes with parent/guardian participation and need to be actively engaged.
- Please bring your own yoga mat to classes.
- Passes available at Welcome Center 30 min. prior to the start of class
- Shaded classes are under review.
- No cell phone use allowed in studios.
- **NOTE:** Please do not enter studios after class begins.