



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JACKIE ROBINSON FAMILY YMCA GROUP EXERCISE SCHEDULE | NOVEMBER

MORNING

MONDAY

CYCLING
9:15 - 10:10
Rachel (S2) ★65

FOREVER FIT
8:45 - 9:40
Katrina (IG)

TRANSFORMATION CHALLENGE
9:00 - 9:55 \$

HOT HULA FITNESS®
9:00 - 9:55
Starting 11/12
Donesha (S1) 7+

ZUMBA®
10:15 - 11:10
Gina (S1)

DANCE! LINE DANCING
10:30 - 11:30
(2nd & 4th Monday of each month)
Pat (IG)

FUSION YOGA
10:30 - 11:25
Rayna (S2) ♥

TUESDAY

TRANSFORMATION CHALLENGE
9:00 - 9:55 \$

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) ★65 ♥

TRANSFORMATION CHALLENGE
9:00 - 9:55 \$

CYCLING
9:15 - 10:10
Bety (S2) ◆

TAI CHI
9:30-11:00
Joyce
Ages 55+ Only (IG)

ZUMBA® 7+
10:15 - 11:10
Gina (S1)

THURSDAY

TRANSFORMATION CHALLENGE
9:00 - 9:55 \$

FOREVER FIT
9:30 - 10:25
Katrina (IG)

U-JAM®
9:30 - 10:25
Renelynne (S1) 7+

HATHA YOGA
9:30 - 10:25 ★65 ♥
Lisa (S2)

FRIDAY

CYCLING
9:00 - 9:55
Charlene (S2) ◆

BODYPUMP®
9:00 - 9:55
LaKemba (S1) ◆

VINYASA YOGA
10:15 - 11:10
Ashley (S2)

ZUMBA®
10:15 - 11:10
Martha (S1) 7+ ★65

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)

**DANCE!
AFRICAN DANCE**
11:00 - 12:30
Aminisha (IG)

SUNDAY NO GROUP EXERCISE CLASSES

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.
- 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!

SPACE IS LIMITED, SIGN UP TODAY!

For more information:

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

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.

- ◆ **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.
- ★65 **GETTING STARTED** A great place to begin or restart your exercise program
- 1/A **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided
- TBD Instructor to be determined
- \$ **PAID PROGRAM** Registration required

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 | NOVEMBER

AFTERNOON/EVENING

MONDAY

CYCLING 5:30 - 6:25 Lizzie (S2)	◆
U-JAM® 6:00 - 6:55 Kelly (S1)	☺
TRANSFORMATION CHALLENGE 6:00 - 6:55	\$
CARDIO BOXING 6:00 - 6:55 Will	\$
FUSION YOGA 7:00 - 7:55 Rayna (S2)	
CARDIO BLAST EXPRESS 7:05 - 7:50 Nasara (S1)	7+ ◆

TUESDAY

VINYASA YOGA 5:30 - 6:25 Audrey (S2)	♥
TRANSFORMATION CHALLENGE 5:30 - 6:25	\$
BODYPUMP® EXPRESS 6:00 - 6:45 Brian (S1)	◆
ZUMBA® 7:00 - 7:55 Rumi (S1)	
EXTREME FIT 7:15 - 8:00 Jilana (Outside Patio)	

WEDNESDAY

EXTREME FIT 5:15 - 6:10 Jilana (S1)	1/2A
CYCLING 5:45 - 6:40 Timothy (S2)	◆ ☺
TRANSFORMATION CHALLENGE 6:00 - 6:55	\$
CARDIO BOXING 6:00-6:55 Will	\$
CARDIO/STRENGTH EXPRESS 6:35 - 7:20 Jackie (S1)	7+
DANCE! LINE DANCING NEW! 7:00 - 7:55 Pat (IG)	
ZUMBA® EXPRESS 7:30 - 8:15 Jackie (S1)	◆

THURSDAY

TRANSFORMATION CHALLENGE 5:30 - 6:25	\$
VINYASA YOGA 6:00 - 6:55 Naomi (S2)	♥
BODYPUMP® EXPRESS 6:00 - 6:45 Eric (S1)	◆
CARDIO BLAST 7:00 - 7:55 Debra (S1)	7+ ◆

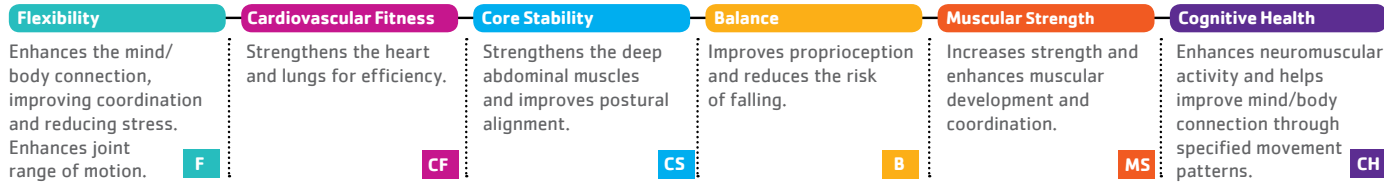
FRIDAY

ZUMBA® 5:45 - 6:40 Jackie (S1)	☺ 7+
---	------

SATURDAY NO GROUP EXERCISE CLASSES

SUNDAY NO GROUP EXERCISE CLASSES

Class Benefits:



BODYCOMBAT® **CS B**
Choreographed non-contact martial arts-inspired workout with moves from karate, taekwondo, boxing, muay thai, capoeira and kung fu

BODYPUMP® **CF MS CS**
A pre-choreographed full-body workout program using light to moderate weights, performing high repetition

Cardio Blast **CF CS MS**
A total-body, high-intensity cardio and strength workout

Cycling **CF**
Cardio workout to music on specially designed stationary bicycles. Workout towel required.

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

Hatha Yoga **F B CH**
Series of traditional postures that release tension and stress

Hot Hula fitness® **CF**
A total-body, high-intensity cardio and strength workout

U-JAM® **CF**
Athletic hip hop dance fitness workout

Vinyasa Yoga **F CS B MS CH**
Series of poses that unite movement with breath

ZUMBA® **CF**
Combines unique Latin moves and rhythms to create an exciting dynamic workout

MONTHLY UPDATES:

- Thursday, November 22:
Facility hours will be 7-11am in observance of Thanksgiving. See modified group exercise schedule.

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.