



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JACKIE ROBINSON FAMILY YMCA GROUP EXERCISE SCHEDULE | OCTOBER

MORNING

MONDAY
CYCLING
 9:15 - 10:10
 Rachel (S2)

FOREVER FIT
 9:00 - 9:45
 Katrina (IG)

TRANSFORMATION CHALLENGE
 9:00 - 9:55 \$

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)

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

GENTLE YOGA
 9:30 - 10:25
 Gina (S2)

HOT HULA FITNESS®
 10:15 - 10:50
 (2nd & 4th Tuesday each month)

WEDNESDAY
RESTORATIVE YOGA
 8:00 - 8:55
 Allison (S2)

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®
 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)

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)

SATURDAY
CYCLING
 8:15 - 9:10
 Jerome A. (S2)

ZUMBA®
 8:30 - 9:25
 Gina (S1)

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
- 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
- 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



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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 TBD (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)	7+

WEDNESDAY

EXTREME FIT 5:15 - 6:10 Jilana (S1)	I/A
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 7:00 - 7:55 Pat	
ZUMBA® EXPRESS 7:30 - 8:15 Jackie (S1)	◆

THURSDAY

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

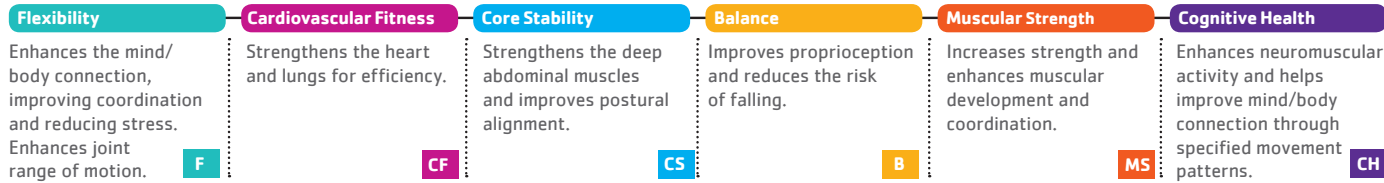
FRIDAY

ZUMBA® 5:45 - 6:40 Jackie (S1)	☺ 7+
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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

TRANSFORMATION CHALLENGE
New groups every month
SEE OTHER SIDE FOR MORE INFO. →

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.