

# OCTOBER

# MISSION VALLEY YMCA GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>EXTREME FIT</b> 5:30 - 6:25 TBD (S1) I/A	<b>EXTREME FIT</b> 5:30 - 6:25 Kelly (S1) I/A	<b>EXTREME FIT</b> 5:30 - 6:25 Nanette (S1) I/A	<b>BODYPUMP®</b> 5:30 - 6:25 Nanette (S1)	<b>PILATES</b> 5:30 - 6:25 Nanette (S1) I/A	<b>STRETCH</b> 7:15 - 8:25 Dinah (S4)	<b>TAI CHI</b> 8:00 - 8:55 Henry (S1)
<b>CYCLING</b> 5:30 - 6:25 Sam C. (S2)	<b>CYCLING</b> 5:30 - 6:25 Steve (S2)	<b>CYCLING</b> 5:30 - 6:25 Melissa (S2)	<b>CYCLING</b> 5:30 - 6:25 Fred (S2)	<b>CYCLING</b> 7:00 - 7:55 Marie (S2)	<b>BODYCOMBAT®</b> 7:20 - 8:15 Jenna/Joanne (S1)	<b>STRETCH YOGA</b> 8:30 - 9:25 Dinah (S4)
<b>POWER YOGA</b> 6:00 - 6:55 Shoshannah (S4)	<b>BARRE</b> 7:00 - 7:55 Maryann (S1)	<b>CARDIO BLAST</b> 7:00 - 7:55 Corrie (S1)	<b>CYCLING</b> 7:00 - 7:55 Sara (S2)	<b>HI-LOW CARDIO</b> 7:00 - 7:55 Corrie (S1)	<b>CYCLING</b> 7:30 - 8:25 Chris (S2)	<b>HI-LOW CARDIO</b> 9:00 - 9:50 Robin (S1)
<b>HI-LOW CARDIO</b> 7:00 - 7:55 Corrie (S1)	<b>CYCLING</b> 7:00 - 7:55 Marty (S2)	<b>CYCLING</b> 7:00 - 7:55 Nanette (S2)	<b>POWER YOGA</b> 7:30 - 8:25 Deena (S4) I/A	<b>HATHA YOGA</b> 7:30 - 8:25 Laura (S4)	<b>EXERCISE LITE</b> 8:30 - 9:25 Jill D. (S1) GS	<b>CYCLING</b> 9:30 - 10:40 David (S2)
<b>QIGONG</b> 7:00 - 7:55 Kathi (S4)	<b>POWER YOGA</b> 7:30 - 8:25 Deena (S4) I/A	<b>HATHA YOGA</b> 7:30 - 8:25 Marguerite T. (S4)	<b>STEP</b> 8:00 - 8:35 Jill G. (S1) I/A	<b>BODYPUMP®</b> 8:25 - 9:25 Marie (S1)	<b>CYCLING</b> 9:00 - 9:55 David (S2) 7+	<b>GENTLE YOGA</b> 9:35 - 10:30 Katie (S4) GS
<b>CYCLING</b> 7:00 - 7:55 Fred (S2)	<b>STEP</b> 8:00 - 8:35 Jill G. (S1) I/A	<b>BODYPUMP®</b> 8:15 - 9:20 Mat (S1)	<b>HATHA YOGA</b> 8:30 - 9:25 Marguerite T. (S4)	<b>CYCLING</b> 8:30 - 9:25 Marty (S2)	<b>ZUMBA®</b> 9:35 - 10:30 Lachele (S1)	<b>BODYPUMP®</b> 10:00 - 11:00 Robin (S1)
<b>PILATES</b> 8:00 - 8:55 Jill G. (S4)	<b>CYCLING</b> 8:30 - 9:25 Joe (S2) 7+ GS	<b>CYCLING</b> 8:30 - 9:25 Marie (S2)	<b>BOSU®</b> 8:40 - 9:25 Jill G. (S1)	<b>STRETCH YOGA</b> 8:30 - 9:25 Dinah (S4)	<b>CYCLING</b> 10:30 - 11:25 Wes (S2)	<b>PILATES</b> 10:40 - 11:35 Claire (S4)
<b>TRX®</b> 8:25 - 9:20 Fred (S1)	<b>BOSU®</b> 8:40 - 9:25 Jill G. (S1)	<b>HATHA YOGA</b> 9:00 - 9:55 Colette (S4)	<b>EXERCISE LITE NEW!</b> 9:30 - 10:25 Jill (S4) 7+ GS	<b>BARRE</b> 9:40 - 10:35 Jenn (S1)	<b>BODYPUMP®</b> 10:45 - 11:50 Tracy (S1)	<b>DANCE! SPIRIT GROOVE</b> 11:15 - 12:15 Sue (S1) 7+
<b>CYCLING</b> 8:30 - 9:25 Marie (S2)	<b>HATHA YOGA</b> 8:40 - 9:35 Sunje (S4)	<b>BARRE</b> 9:30 - 10:25 Jenn (S1)	<b>BARRE NEW!</b> 9:30 - 10:25 Maryann (S1) 7+	<b>CYCLE/STRENGTH</b> 10:30 - 11:15 Chad (S2)	<b>HATHA/STRETCH</b> 11:00 - 12:10 Banoo (S4)	<b>CORE FIT</b> 11:40 - 12:10 Claire (S4) I/A
<b>ZUMBA® GOLD®</b> 9:00 - 9:55 Pam (S4) GS	<b>U-JAM FITNESS</b> 9:30 - 10:25 Sam S. (S1) 7+	<b>STRENGTH</b> 10:30 - 11:25 Maryann (S1)	<b>TRX®</b> 10:30 - 11:25 Jenna (S1) 7+	<b>ZUMBA®</b> 10:40 - 11:35 Thomas (S1) 7+	<b>GENTLE YOGA</b> 10:40 - 11:35 Marguerite B. (S4) GS	
<b>CARDIO BLAST</b> 9:30 - 10:25 Nanette (S1)	<b>HI-LOW CARDIO</b> 9:40 - 10:35 Corrie (S4)	<b>CYCLE/STRENGTH</b> 10:30 - 11:15 Samantha (S2) 7+	<b>CYCLING</b> 10:30 - 11:25 Samantha (S2)	<b>PILATES</b> 11:40 - 12:35 Lesley (S4)		
<b>POWER YOGA</b> 10:05 - 11:00 Deena (S4)	<b>CYCLING/INTRO</b> (First Tuesday of the month only) 9:30-10:15 Chad (S2)	<b>HATHA YOGA GS</b> 10:35 - 11:30 Laura H. (S4)	<b>FOREVER FIT</b> 10:40 - 11:25 Jill D. (S4)			
<b>STRENGTH</b> 10:30 - 11:25 Maryann (S1)	<b>BARRE/CORE FIT</b> 10:30 - 11:25 Maryann (S1) 7+	<b>TRX®</b> 11:30 - 12:25 Chad (S1)	<b>STRETCH/STRENGTH</b> 11:30 - 12:15 Jill D. (S1)			
<b>CYCLING</b> 10:30-11:25 Kashmira (S2) 7+	<b>CYCLING</b> 10:30-11:25 Jason (S2)	<b>PARKINSONS</b> 11:40 - 12:35 Jeff (S4)	<b>HATHA YOGA</b> 11:35 - 12:45 Colette (S4)			
<b>HATHA YOGA</b> 11:05 - 12:00 Colette (S4)	<b>FOREVER FIT</b> 10:40 - 11:25 Jill D. (S4)					
<b>ZUMBA NEW!</b> 11:35 - 12:30 David (S1) 7+	<b>STRETCH/STRENGTH</b> 11:30 - 12:15 Jill D. (S1)					

## MORNING CLASSES AM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BODYPUMP®</b> 12:35-1:30 Chad (S1)	<b>TAI CHI</b> 11:40 - 12:35 Kathi (S4)	<b>DANCE! SPIRIT GROOVE</b> 12:30 - 1:30 Sue (S1) 7+	<b>POSTURE PERFORMANCE</b> 12:30 - 1:25 Jeff (S1)	<b>HATHA YOGA</b> 12:40 - 1:35 Lesley (S4)	<b>ZUMBA®</b> 12:00 - 12:55 Lachele (S1) 7+	<b>FOAM ROLLER</b> 12:15 - 12:45 Claire (S4)
<b>PARKINSONS/ ARTHRITIS</b> 12:05 - 1:00 Laura (S4)	<b>CYCLING</b> 12:00 - 12:45 Joe (S2) 7+	<b>BALANCE</b> 1:00 - 1:45 Bernadette (S4)	<b>GENTLE YOGA</b> 2:00 - 3:10 Banoo (S4)	<b>BALANCE</b> 1:00 - 1:45 Bernadette (S1)	<b>HATHA YOGA</b> 12:20 - 1:30 Banoo (S4) I/A	<b>ZUMBA®</b> 12:30 - 1:25 Pam (S1) 7+
<b>VINYASA YOGA</b> 4:00 - 4:55 Marguerite B. (S4)	<b>POSTURE PERFORMANCE</b> 12:40 - 1:35 Jeff (S4)	<b>HATHA YOGA</b> 2:45 - 3:40 Lesley (S4)	<b>HATHA YOGA</b> 3:30 - 4:25 Banoo (S4) I/A	<b>ADAPTIVE YOGA</b> 2:50 - 3:45 Dinah (S4)	<b>KUNDALINI YOGA</b> 1:35 - 2:45 Banoo (S4)	<b>ZUMBA®</b> 4:00 - 4:55 Lachele (S1) 7+
<b>TRX®</b> 4:30 - 5:25 Maryann (S1)	<b>GENTLE YOGA</b> 1:45 - 2:40 Banoo (S4)	<b>VINYASA YOGA</b> 4:00 - 4:55 Marguerite B. (S4)	<b>BODYCOMBAT®</b> 4:30 - 5:25 Jenna (S1)	<b>BODYCOMBAT® NEW!</b> 4:00-4:55 Robin (S1)	<b>POWER YOGA</b> 4:30 - 5:25 Deena (S4)	
<b>POWER YOGA</b> 5:05 - 6:00 TBD (S4) I/A	<b>ADAPTIVE YOGA</b> 4:45 - 5:40 Dinah (S4)	<b>BODYPUMP®</b> 4:15 - 5:10 Marie (S1)	<b>TAI CHI</b> 4:30 - 5:25 Henry (S4)	<b>POWER YOGA</b> 4:30 - 5:25 Deena (S4)	<b>ZUMBA®</b> 5:05 - 6:00 Pam (S1) 7+	
<b>BODYPUMP®</b> 5:30 - 6:25 Mariah (S1)	<b>BODYCOMBAT®</b> 5:30 - 6:25 Joanne (S1)	<b>PILATES</b> 5:00 - 5:55 Jen (S4)	<b>BODYPUMP®</b> 5:30 - 6:25 Jenna (S1)	<b>PILATES</b> 5:30 - 6:25 Deena (S4)	<b>BODYPUMP®</b> 6:15 - 7:10 Joanne (S1)	
<b>CYCLING</b> 5:30 - 6:25 J.R. (S2)	<b>CYCLING</b> 5:30 - 6:25 Ray (S2)	<b>BODYCOMBAT®</b> 5:30 - 6:25 Robin (S1)	<b>HATHA YOGA</b> 5:35 - 6:30 David (S4)	<b>BODYPUMP®</b> 6:00 - 6:55 Wes (S2)	<b>STRETCH</b> 6:30 - 7:40 Robin (S4)	
<b>BARRE</b> 6:05 - 7:00 Alicia (S4)	<b>POWER YOGA</b> 5:50 - 6:45 Christina (S4) I/A	<b>CYCLING</b> 5:30 - 6:25 Harini (S2) 7+	<b>CYCLING</b> 6:00 - 6:55 Wes (S2)	<b>BARRE/CORE FIT</b> 6:35 - 7:30 Shauna (S4)		
<b>ZUMBA®</b> 6:35 - 7:30 Andrea (S1) 7+	<b>BODYPUMP®</b> 6:30 - 7:25 Joanne (S1)	<b>ZUMBA®</b> 6:35 - 7:30 Jane (S1) 7+	<b>ZUMBA®</b> 6:35 - 7:30 Miriam (S1) 7+			
<b>PILATES</b> 7:05 - 8:00 Jen (S4)	<b>STRETCH</b> 6:55 - 7:50 Dinah (S4)	<b>GENTLE YOGA</b> 7:00 - 7:55 Marguerite B. (S4)	<b>STRETCH</b> 7:35 - 8:30 Dinah (S4)			

## AFTERNOON/EVENING PM

- REMINDERS:**
- All schedules are subject to change.
  - For class descriptions & levels see class description poster.
  - For substitutions/alternate instructors, check ymca.org/missionvalley
  - Shaded classes are under review.
  - No cell phone use allowed in studios.
  - **NOTE:** Please do not enter studios after class begins.

### KEY

- ◆ **PASS REQUIRED** Space is limited. Passes available 30 min. before class at the Welcome Center
- 😊 **BABY FRIENDLY** Babies in stroller or carrier are allowed. No toddlers, please.
- 7+ **7+** Children ages 7-12 and parent/guardian must actively participate together. OR, min. age denoted.

- ♥ **Y ACTIVE ADULTS** Activities designed for older adults (50+)
- ★ **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
  - (S4) Studio 4