



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RANCHO FAMILY YMCA GROUP EXERCISE SCHEDULE | September

## MORNING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cycling</b> 5:30-6:30 Kristeen (S2) FF	<b>Cardio Blast</b> 6:00-7:00 Becky (S3)	<b>Cycling</b> 5:30-6:30 Kristeen (S2) FF	<b>Cardio Blast</b> 6:00-7:00 Carmen(S3)	<b>TRX®</b> 5:30-6:30 Ruben (S1)	<b>Zumba®</b> 8:00-9:00 Stephania/Gerty(S3)	<b>BODYPUMP®</b> 9:00-10:00 Cheryl(S3)
<b>BODYPUMP®</b> 6:00-7:00 Rachelle (S3)	<b>BODYPUMP®</b> 8:00-9:00 Cheryl(S3)	<b>Strength</b> 6:00-7:00 Becky (S3)	<b>BODYPUMP®</b> 8:00-9:00 Cathy (S3)	<b>Cardio Blast/Strength</b> 6:00-7:00 Carmen(S3)	<b>Step</b> 8:30-9:30 Mimi M. (S1)	<b>Zumba®</b> 10:15-11:15 Harumi O. (S3)
<b>Zumba®</b> 8:15-9:15 Harumi O. (S3)	<b>Pilates</b> 8:00-9:00 Harumi M. (S1) GS	<b>Zumba®</b> 8:15-9:15 Shelley (S3)	<b>Hi-Lo Cardio</b> 9:15-10:15 Francine (S3) FF, GS	<b>Dancel Cardio/ Line</b> 8:15-9:15 Shelley (S3)	<b>Cycling</b> 9:30-10:30 Jenn (S2) FF	<b>Hatha Yoga</b> 11:15-12:15 Harumi(S3) GS, YAA
<b>HIIT</b> 9:15-10:15 Emily (S1) I/A	<b>Pilates</b> 9:15-10:15 Harumi M. (S1) I/A	<b>Stroller Jam</b> 9:00-10:00 Rachelle – Hilltop Park	<b>Core Fit</b> 9:15-10:15 Diane (S1)	<b>HIIT</b> 9:15-10:15 Emily(S1)	<b>Turbo Kick®</b> 9:45-10:45 Jimmy (S1)	<b>Tai Chi NEW!</b> 11:30-12:30 Harumi(S3) GS, YAA
<b>Circuit Training NEW!</b> 9:30-10:00 Sebastian ( outside gym)	<b>BODYCOMBAT® NEW!</b> 9:15-10:15 Cheryl(S3)	<b>Strength</b> 9:15-10:15 Jenn (S1)	<b>TRX®</b> 10:30-11:30 Cathy (S1)	<b>Cardio Blast</b> 9:30-10:30 Wendy (S3) I/A	<b>Yoga</b> 11:00-12:00 Patty B./Shelley (S1)	
<b>Cardio Blast</b> 9:30-10:30 Cathy (S3) I/A	<b>Hi-Lo Cardio NEW!</b> 10:30-11:30 Diane(S1) FF, GS	<b>Cardio Blast</b> 9:30-10:30 Carmen (S3) I/A	<b>Forever Fit</b> 11:00-12:00 Francine (S3) YAA, GS	<b>Cycling</b> 9:30-10:30 Nicci (S2) FF		
<b>Cycling</b> 9:30-10:30 Nicci (S2) FF	<b>Forever Fit</b> 11:00-12:00 Francine (S3) YAA, GS	<b>Circuit Training NEW!</b> 9:30-10:00 Staff( outside gym)	<b>Chair Yoga</b> 12:00-12:30 Francine (S3) YAA, GS	<b>Hatha Yoga</b> 10:45-11:45 Emily(S3)		
<b>TRX®</b> 10:30-11:30 Cathy (S1)	<b>Chair Yoga</b> 12:00-12:30 Francine (S3) YAA, GS	<b>Cycling</b> 9:30-10:30 Emily (S2) FF		<b>Chair Yoga</b> 11:30-12:15 Francine (S1) YAA, GS	<b>Aqua Interval- Pool</b> 8:00-8:55 FF Diane	
<b>Hatha Yoga</b> 10:45-11:45 Francine (S3)		<b>Restorative Yoga NEW!</b> 10:30-11:30 Francine(S1) YAA, GS				
<b>Zumba Gold®</b> 11:45- 12:30 Thomas (S1) YAA, GS		<b>Power Yoga</b> 10:45-11:45 Shelley (S3) I/A				
		<b>Zumba Gold®</b> 11:45- 12:30 Thomas (S1) YAA, GS				
<b>Aqua Interval</b> 8:30-9:25 Cathy D.	<b>Coached Masters</b> 5:30-6:30 Pool	<b>Coached Masters</b> 5:30-6:30 Pool	<b>Coached Masters</b> 5:30-6:30 Pool	<b>Aqua Combo</b> 7:30-8:25 Francine I/A		
<b>Arthritis</b> 9:45-10:45 Tori YAA, GS	<b>Deep</b> 7:00-7:55 Francine I/A	<b>Aqua Interval</b> 8:30-9:25 Diane	<b>Deep</b> 7:00-7:55 Francine I/A	<b>Aqua Interval</b> 8:30-9:25 Tori		
	<b>Aqua Interval</b> 8:30-9:30 Carmen	<b>Arthritis</b> 9:45-10:45 Diane YAA, GS	<b>Aqua Zumba®</b> 8:30-9:30 Harumi	<b>Arthritis</b> 9:45-10:45 Tori YAA, GS		

I/A **I/A INTERMEDIATE/ADVANCED**

FF **FAMILY FRIENDLY. Kids Ages 7+ allowed with parent**

YAA **Y ACTIVE ADULT. Activities designed for older adults**

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

### LOCATIONS

(S1) Studio 1    (S2) Studio 2

(S3) Studio 3



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# RANCHO FAMILY YMCA GROUP EXERCISE SCHEDULE | September

**AFTERNOON**

**MONDAY**

**Kid Friendly Fit**  
4:00-4:45  
Mark (S3)

**Cardio Blast NEW!**  
5:30-6:30  
Carmen(S1)

**BODYPUMP®**  
5:30-6:30  
Cheryl(S3)

**Cycling**  
6:30-7:30  
Staff (S2) FF

**Hatha Yoga**  
6:45-7:45  
Francine (S3)

**Zumba®**  
6:45-7:45  
Harumi O.(S1)

**Aqua Zumba®**  
6:35-7:30pm  
Stephania

**TUESDAY**

**Kid Friendly Fit**  
4:00-4:45  
Eduardo (S3)

**Extreme Fit**  
5:45-6:45  
Rob (S3)

**Cycling**  
6:30-7:30  
Rachelle (S2) FF

**Tai Chi**  
7:00-8:00  
Patty B. (S3) GS, YAA

**Aqua Interval**  
6:35-7:35pm  
Carmen

**WEDNESDAY**

**Zumba®**  
5:30-6:30  
Harumi O.(S1)

**BODYPUMP®**  
6:00- 7:00  
Jenn (S3)

**Cycling**  
6:30-7:30  
Cindy(S2) FF

**Turbo Kick®**  
6:45-7:45  
Jimmy (S1)

**Gentle Yoga**  
7:05-8:15  
Patty (S3) GS,YAA, FF

**Aqua Zumba®**  
6:35-7:30pm  
Gerty

**THURSDAY**

**Kids Only Fit**  
4:00-4:45  
Rob (S3)

**Step**  
5:45-6:45  
Mimi (S1) GS

**BODYPUMP®**  
6:00 -7:00  
Emily (S3)

**HathaYoga**  
7:00-8:00  
Shauna(S1)

**Zumba®**  
7:15-8:15  
Mary Rose (S3)

**FRIDAY**

**Zumba®**  
5:30-6:30  
Thomas (S1) GS

**BODYPUMP®**  
6:00-7:00  
Fleeta (S3)

**SATURDAY**

**SUNDAY**

## MONTHLY UPDATES:

Farmer's Market every Saturday 9-1

**REMINDERS:** Schedule subject to change.

Please scan your membership card before class.

Please be respectful of others in class.