

SEPTEMBER | MISSION VALLEY YMCA GROUP EXERCISE SCHEDULE

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

MORNING CLASSES AM

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

AFTERNOON/EVENING PM

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

- ### 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.