



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CAMERON FAMILY YMCA

## GROUP EXERCISE SCHEDULE | MARCH 1ST-10TH (PHASE 1 REMODEL)

### MORNING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CYCLING/STRENGTH</b> 6:00-6:55 Jim (S3) ◆	<b>CARDIO BLAST</b> 6:00-6:55 Alexie (S2)	<b>CYCLING</b> 6:00-6:55 Rhonda (S3) ◆	<b>CARDIO BLAST</b> 6:00-6:55 Alexie (S2)	<b>AQUA FIT/DEEP</b> 7:45-8:45 Peggy (P)	<b>AQUA FIT</b> 8:00-8:55 Amber (P)	<b>FUSION YOGA</b> 9:30-10:45 Duke (S2) ★
<b>AQUA INTERVAL</b> 7:45-8:45 Hettie (P)	<b>AQUA INTERVAL/DEEP</b> 7:45-8:45 Lisa (P)	<b>AQUA FIT</b> 7:45-8:45 Hettie (P)	<b>GENTLE YOGA</b> 7:30-8:45 Pam (S2)	<b>EXERCISE LITE</b> 8:00-8:55 Beth N. (S2) ★ ♥	<b>ZUMBA@/FAMILY</b> 8:00-8:55 Debbie (S2) ★ 7+	
<b>EXERCISE LITE</b> 8:00-8:55 Jo (S2) ★ ♥	<b>STEP</b> 9:00-9:55 Rachel (S2)	<b>EXERCISE LITE</b> 8:00-8:55 Jo (S2) ★ ♥	<b>BODYCOMBAT Express @</b> 9:00-9:45 Rebecca (Studio 3)	<b>CARDIO BLAST</b> 9:00-9:55 Rachel (S2)	<b>CYCLING</b> 8:30-9:25 Rhonda (S3) ◆	
<b>CYCLING /STRENGTH</b> 9:00-9:55 Rebecca (S3) ◆	<b>AQUA INTERVAL</b> 9:00-10:00 Lisa (P)	<b>CYCLING /CIRCUIT</b> 9:00-9:55 Alexis (S3) ◆	<b>STRENGTH</b> 9:00-9:55 Joe (S2) I/A	<b>CYCLING /CORE</b> 9:00-9:55 Jim (S3) ◆	<b>CARDIO BLAST</b> 9:00-9:55 Joe (S2) I/A	
<b>GENTLE YOGA</b> 9:00-9:55 Misty (S2) ★ ♥	<b>BOXING</b> 10:00-10:55 Travess (S3) ◆	<b>GENTLE YOGA</b> 9:00-9:55 Ashley (S2) ★ ♥	<b>AQUA FIT</b> 9:00-10:00 Peggy (P)	<b>BODYPUMP@</b> 10:00-10:55 Tina (S2) ★ ◆	<b>BODYPUMP@</b> 10:00-10:55 Peggy (S2) ★ ◆	
<b>HYDRO HEALING</b> 9:00-10:00 Amelia (P)	<b>ZUMBA@</b> 10:00-10:55 Tina (S2) ★	<b>PILATES</b> 9:00-9:55 Betty <b>CANCELLED</b> ★	<b>BOXING</b> 10:00-10:55 Travess (S3) ◆	<b>CORE FIT</b> 10:00-10:30 Joe (Pool Deck) ★	<b>BOXING</b> 10:00-10:55 Ryan /Travess (S3) ◆	
<b>BODYPUMP@</b> 10:00-10:55a Tina (S2)	<b>FOREVER FIT</b> 11:15-12:00 Kathy (S2) ★ ♥	<b>BODYPUMP@</b> 10:00-10:55 Beth L. (S2) ★ ◆	<b>ZUMBA@</b> 10:00-10:55 Jo (S2) ★	<b>BOXING</b> 11:00-11:55 Ryan /Travess (S3) ◆		

### COMING IN APRIL ! MINDFUL. FOCUS. RELAX. MEDITATION WORKSHOP

**INTRODUCTION TO MEDITATION:**  
Understand different styles and best practices.

**DATE & TIME TBD**  
**FEES & AGES:**  
\$15 members | \$20 non-members | Ages 13+

**BREATHWORK & STRETCHES:**  
Learn a short routine of focused breathing, and basic gentle stretches which will calm your mind and prepare your body for an optimal meditation session.

**SITTING MEDITATION:**  
Practice what you learn and find out how to create your own personal, regular practice. We will discuss practical applications of meditation in daily life, and answer questions.



◆ **PASS REQUIRED.** Please pick up a pass at the Welcome Center

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

7+ **FAMILY FRIENDLY.** Children ages 7-12 and parent/guardian must actively participate together.

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

I/A **INTERMEDIATE/ADVANCED.** Higher intensity and advanced instruction provided

(S1) Studio 1 (S2) Studio 2  
(S3) Studio 3 (P) Pool

### QUESTIONS:

Contact Rachel Clark-Cesena, Fitness Director at rcesena@ymca.org or call 619.449.9622



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## GROUP EXERCISE SCHEDULE | MARCH 1ST-10TH (PHASE 1 REMODEL)

AFTERNOON

**MONDAY**

**BODYCOMBAT®**  
5:00-5:55  
Rebecca (Studio 2)

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**AQUA INTERVAL**  
5:30-6:30  
Sheryl (P)

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**CYCLING /STRENGTH/  
FAMILY\***  
6:00-6:55  
Erica (S3) ◆ 7+

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**EXTREME FIT**  
6:00-6:55  
Charles (S2) I/A

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**VINYASA YOGA**  
6:30-8:00  
Betty (Gymnastics)

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**KETTLEBELL**  
7:00-7:30  
Charles (S2) ★

**TUESDAY**

**CYCLING /STRENGTH/  
FAMILY\***  
4:00-4:55  
Rebecca (S3) ◆ 7+

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**BOXING**  
5:00-5:55  
Joe (S3) ◆

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**CORE FIT**  
5:15-5:55  
Cindy (S2) ★

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**BOXING**  
6:00-6:55  
Joe (S3) ◆

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**PILATES**  
7:00-7:55  
JoAnne (Studio 2)

**WEDNESDAY**

**DANCE! FAMILY**  
5:00-5:55  
Ed (S2) ★ 7+

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**AQUA FIT**  
5:30-6:30  
Elena (P)

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**EXTREME FIT**  
6:00-6:55  
Charles (S2) I/A

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**KETTLEBELL**  
7:00-7:30  
Charles (S2) ★

**THURSDAY**

**ZUMBA®**  
5:00-5:55  
Tina (S2) ★

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**BOXING**  
6:00-6:55  
Travess (S3) ◆

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**KID FRIENDLY YOGA**  
6:00-6:55  
Rashna (S2) ★ 7+

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**STRENGTH**  
7:00-7:55  
Joe (S2) I/A

**SATURDAY**

**KID FRIENDLY BOXING**  
12:00-12:30  
Ryan /Travess (S3) ★ 7+

### REMINDERS:

- All schedules are subject to change without prior notice.
- Youth need to be actively engaged during class activities.
- Teens ages 13+ can attend classes without parent/guardian participation.
- Please do not enter a studio after class has begun.
- Please bring your own mats for classes.
- Passes available through Member Services **30 min.** before class start.
- Passes not available after **10 min.** of class start.
- Studio 3 is off limits during group exercise. Equipment access is not permitted.

### \*FAMILY CYCLING:

Children ages 7-12 must be able to properly fit on Cycling bike to participate.



### March 11-12

FITNESS CENTER CLOSED; no land group exercise classes. Pool, gymnastics center and Child Watch will be open.

### March 13

Temporary Fitness Center OPEN; modified group exercise schedule with location changes. Will include all Cycling & Boxing classes in tent located on the pool deck! More details to follow.

## KNOW BEFORE YOU GO!

### Text Alerts from your YMCA

NOW YOU CAN GET TEXT UPDATES regarding unscheduled events that could affect your visit to the Y. Our text message alert system is 100% opt in, which means you can decide if you want alerts sent directly to your cell phone or not.

### OPT IN INSTRUCTIONS

Text Group Code to **84483**

### GROUP CODE:

CMYGROUPEX

### DESCRIPTION:

Group exercise class schedule changes and cancellations.

### Child Watch

6 weeks to 12 years old

Saturday 8:15am-1:00pm

Sunday 8:45am-12:45pm

Monday-Thursday 8:15am-12:15pm & 3:45pm-7:45pm

Friday 8:15am-12:15pm & 4:00pm-7:00pm

### Kids Club

6-12 years old

Monday-Thursday 3:45pm-7:00pm

Saturday 8:45am-12:15pm