



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CAMERON FAMILY YMCA

GROUP EXERCISE SCHEDULE | MARCH 13-31 (PHASE 2 REMODEL)

MORNING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLING/STRENGTH 6:00-6:55 Jim (T)	CARDIO BLAST 6:00-6:55 Alexie (S1)	CYCLING 6:00-6:55 Rhonda (T)	CARDIO BLAST 6:00-6:55 Alexie (S1)	AQUA FIT/DEEP 7:45-8:45 Peggy (P)	AQUA FIT 8:00-8:55 Amber (P)	FUSION YOGA 9:30-10:45 Duke (S1) ★
AQUA INTERVAL 7:45-8:45 Hettie (P)	AQUA INTERVAL/DEEP 7:45-8:45 Peggy (P)	AQUA FIT 7:45-8:45 Hettie (P)	GENTLE YOGA 7:30-8:45 Pam (S1)	EXERCISE LITE 8:00-8:55 Beth N. (S1) ★ ♥	ZUMBA@/FAMILY 8:00-8:55 Debbie (S1) ★ 7+	
EXERCISE LITE 8:00-8:55 Jo (S1) ★ ♥	STEP 9:00-9:55 Rachel (S1)	EXERCISE LITE 8:00-8:55 Jo (S1) ★ ♥	BODYCOMBAT Express @ 9:00-9:45 Rebecca (T)	CARDIO BLAST 9:00-9:55 Rachel (S1)	CYCLING 8:30-9:25 Rhonda (T)	
CYCLING / STRENGTH 9:00-9:55 Rebecca (T)	AQUA INTERVAL 9:00-10:00 Peggy (P)	CYCLING / CIRCUIT 9:00-9:55 Alexis (T)	STRENGTH 9:00-9:55 Joe (S1) I/A	CYCLING / CORE 9:00-9:55 Jim (T)	CARDIO BLAST 9:00-9:55 Joe (S1) I/A	
GENTLE YOGA 9:00-9:55 Misty (S1) ★ ♥	BOXING 10:00-10:55 Travess (T) ◆	GENTLE YOGA 9:00-9:55 Ashley (S1) ★ ♥	AQUA FIT 9:00-10:00 Peggy (P)	BODYPUMP@ 10:00-10:55 Tina (S1) ★ ◆	BODYPUMP@ 10:00-10:55 Peggy (S1) ★ ◆	
HYDRO HEALING 9:00-10:00 Amelia (P)	ZUMBA@ 10:00-10:55 Tina (S1) ★	BODYPUMP@ 10:00-10:55 Staff (S1) ★ ◆	BOXING 10:00-10:55 Travess (T) ◆	BOXING 10:00-10:55 Ryan /Travess (T) ◆	CORE FIT 10:00-10:30 Joe (Pool Deck) ★	
BODYPUMP@ 10:00-10:55a Tina (S1) ★ ◆	FOREVER FIT 11:15-12:00 Kathy (S1) ★ ♥		ZUMBA@ 10:00-10:55 Jo (S1) ★	BOXING 11:00-11:55 Ryan /Travess (T) ◆		

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

(T) Tent on Pool Deck (P) Pool

QUESTIONS:

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



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AFTERNOON

MONDAY

BODYCOMBAT®
5:00-5:55
Rebecca (S1)

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

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

EXTREME FIT
6:00-6:55
Charles (S1) I/A

VINYASA YOGA
7:00-7:55
Betty (T)

KETTLEBELL
7:00-7:30
Charles (S1) ★

TUESDAY

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

BOXING
5:00-5:55
Joe (T) ◆

CORE FIT
5:15-5:55
Cindy (S1) ★

BOXING
6:00-6:55
Joe (T) ◆

PILATES
7:00-7:55
JoAnne (S1)

WEDNESDAY

DANCE! FAMILY
5:00-5:55
Ed (S1) ★ 7+

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

EXTREME FIT
6:00-6:55
Charles (S1) I/A

KETTLEBELL
7:00-7:30
Charles (S1) ★

THURSDAY

ZUMBA®
5:00-5:55
Tina (S1) ★

BOXING
6:00-6:55
Travess (T) ◆

KID FRIENDLY YOGA
6:00-6:55
Rashna (S1) ★ 7+

STRENGTH
7:00-7:55
Joe (S1) I/A

SATURDAY

KID FRIENDLY BOXING
12:00-12:30
Ryan /Travess (S1) ★ 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.

BUILDING WHAT MATTERS FITNESS CONSTRUCTION



March 9-10

- All Studio 2 classes run in NEW downstairs Studio 1.

March 11-12

- Fitness Center Closed.
- No land group exercise classes.
- Pool, gymnastics center and Child Watch will be open.

March 13th till Phase 2 completion

- Temporary Fitness Center OPEN!
- All Studio 2 classes run in NEW downstairs Studio 1.
- All Studio 3 classes run in white tent on pool deck.

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: CMYGROUPPEX

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