# Cameron Family YMCA
## Group Exercise Schedule | September

### Monday
- **Cycling/Strength**
  - 6:00-6:55 Jim (CS)
- **Aqua Interval**
  - 7:45-8:45 Alexie (P)
- **Exercise Lite**
  - 8:00-8:55 Jo (S2)
- **Cycling/Strength**
  - 9:00-9:55 Nicole (CS)
- **Gentle Yoga**
  - 9:00-9:55 Misty (S2)
- **Hydro Healing**
  - 9:00-10:00 Jo (P)
- **TRX/Small Group (S)**
  - 9:00-9:55 Alexie (FC)
- **BodyPump@**
  - 10:00-10:55a Tina (S1)
- **Studio Sweat/Pilates**
  - 10:00 On Demand (S3)

### Tuesday
- **Cardio Blast**
  - 6:00-6:55 Alexie (S2)
- **Aqua Interval**
  - 7:45-8:45 Alexie (P)
- **Aqua Interval/Deep**
  - 9:00-10:00 Peggy (P)
- **New! Cardio Blast**
  - 9:00-9:55 Rachel (S2)
- **New! Pilates**
  - 9:00-9:55 Lauren (S1)
- **Boxing/Conditioning**
  - 10:00-10:55 Travess (S3)
- **Zumba@**
  - 10:00-10:55 Tina (S2)
- **Forever Fit**
  - 11:15-12:00 Kathy (S1)

### Wednesday
- **Cycling**
  - 6:00-6:55 Rhonda (CS)
- **Trx/Small Group (S)**
  - 7:00-7:55 Alexie (FC)
- **Aqua Fit**
  - 7:45-8:45 Hettie (P)
- **New! Chair Yoga**
  - 8:00-8:55 Pam (S1)
- **Exercise Lite**
  - 8:00-8:55 Jo (S2)
- **Cycling/Circuit**
  - 9:00-9:55 Alexis (CS)
- **Gentle Yoga**
  - 9:00-9:55 Ashley (S2)
- **BodyPump@**
  - 10:00-10:55 Tina (S1)
- **Studio Sweat/Bootcamp**
  - 10:00-11:00 On Demand (S3)
- **Trx/Small Group (S)**
  - 10:00-10:55 Alexie (FC)

### Thursday
- **Cardio Blast**
  - 6:00-6:55 Alexie (S2)
- **Aqua Fit/Deep**
  - 7:45-8:45 Erica C. (S2)
- **New! Chair Yoga**
  - 8:00-8:55 Peach (S1)
- **STUDIO SWEAT**
  - 9:00-9:55 Rachel (S2)
- **New! Time! Zumba@/Family**
  - 8:30-9:25 Debbie (S1)
- **Cycling/Core**
  - 9:00-9:55 Nicole (CS)
- **STUDIO SWEAT/MAT Pilates AB & Core**
  - 9:00 On Demand (S3)
- **BodyPump@**
  - 10:00-10:55 Tina (S1)
- **Boxing/Strength**
  - 10:00-10:55 Debbie (S3)
- **Zumba@**
  - 10:00-10:55 Jo (S2)

### Friday
- **Cardio Blast**
  - 6:00-6:55 Alexie (S2)
- **Aqua Fit/Deep**
  - 7:45-8:45 Erica C. (S2)
- **Exercise Lite**
  - 8:00-8:55 Peggy (P)
- **STUDIO SWEAT**
  - 9:00-9:55 Rachel (S2)
- **New! Time! Zumba@/Family**
  - 8:30-9:25 Debbie (S1)
- **Cycling/Core**
  - 9:00-9:55 Nicole (CS)
- **STUDIO SWEAT/MAT Pilates AB & Core**
  - 9:00 On Demand (S3)
- **BodyPump@**
  - 10:00-10:55 Tina (S1)
- **Boxing/Strength**
  - 10:00-10:55 Debbie (S3)
- **Zumba@**
  - 10:00-10:55 Jo (S2)

### Saturday
- **Aqua Fit**
  - 8:00-8:55 Melanie (P)
- **Cycling**
  - 8:30-9:25 Rhonda (CS)
- **New Time! Zumba@/Family**
  - 8:30-9:25 Debbie (S1)
- **Cardio Blast**
  - 9:00-9:55 Joe (S2)
- **BodyPump@**
  - 10:00-10:55 Peggy (S1)
- **Boxing/Strength**
  - 10:00-10:55 Ryan/Travess (S3)
- **Core Fit**
  - 10:00-10:30 Joe (S2)
- **Boxing/Conditioning**
  - 11:00-1:15 Ryan/Travess (S3)
- **Family Karate (S)**
  - 11:00-11:55 Cara/Matrix (S1)

### Sunday
- **Studio Sweat/Cycling**
  - 9:00 On Demand (CS)
- **Fusion Yoga**
  - 9:30-10:45 Duke (S2)

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**What is Studio SWEAT?**

Real Fitness for Real People

Beginner to advanced virtual fitness, at your finger tips! Available on-demand during facility hours up until 30 min. of a scheduled class in Studio 3 or Cycle Studio. All included with your membership!

**Class Menu Includes:**

- Indoor Cycling
- TRX
- AB & Core
- Sculpt
- & More!

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**Pass Required.** Please pick up a pass at the Welcome Center.

- **Y Active Adult.** Activities designed for older adults.
- **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.
- **Intermediate/Advanced.** Higher activities.

(C1) Studio 1 (S2) Studio 2 (CS) Cycle Studio (S3) Studio 3 (P) Pool (FC) Fitness Center

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**See Fitness Center Staff for any assistance!**
CAMERON FAMILY YMCA
GROUP EXERCISE SCHEDULE | SEPTEMBER

MONDAY

BODYCOMBAT®
5:00-5:55
Melissa (S2)

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

CYCLING / FAMILY*
6:00-6:55
Erica M. (CS)

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

VINYASA YOGA
7:00-8:15
Betty (S2)

KETTLEBELL
7:00-7:30
Charles (S1)

TUESDAY

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

CYCLING / STRENGTH / FAMILY
4:00-4:55
Rachel (CS)

BOXING / STRENGTH
5:00-5:55
Joe (S3)

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

BOXING / CIRCUIT
6:00-6:55
Joe (S3)

STUDIO SWEAT / FAMILY DANCE
5:00
On Demand (S3) ♦

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

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

NEW! BODYCOMBAT® EXPRESS
5:00-5:45
Melissa (S2)

STUDIO SWEAT / FAMILY DANCE
5:00
On Demand (S3) ♦

AQUA FIT
5:30-6:30
Amber (P) ♦

STUDIO SWEAT / CYCLING
6:00
On Demand (CS) ♦

NEW! BODYPUMP® EXPRESS
6:00-6:45
Melissa (S1) ♦

KETTLEBELL
7:00-7:30
Charles (S1) ♦

THURSDAY

TRX / SMALL GROUP ($)
6:00-6:45
Erica C. (S1)

STRENGTH / GLUTES
6:00-6:45
Erica C. (S1)

KID FRIENDLY BOXING
5:00-5:55
Ryan / Travess (S3) ♦

STUDIO SWEAT / CYCLING / BACK TO BASICS
12:15-12:45
On Demand (S3) ♦

SATURDAY

NEW! BODYCOMBAT® EXPRESS
5:00-5:45
Melissa (S2)

STUDIO SWEAT / FAMILY DANCE
5:00
On Demand (S3) ♦

BOXING / CONDITIONING
6:00-6:55
Travess (S3)

STUDIO SWEAT / CYCLING
6:00
On Demand (CS) ♦

STRENGTH
7:00-7:55
Joe (S1)

Child Watch and Kids Club
6 weeks to 12 years old

Monday and Wednesday 8:15am-12:15pm & 3:45pm-7:45pm
Tuesday and Thursday 8:15am-12:15pm & 3:45pm-8:00pm
Friday 8:15am-12:15pm & 4:00pm-7:00pm
Saturday 8:15am-1:00pm
Sunday 8:45am-12:45pm

QUESTIONS:
Contact Rachel Clark, Fitness Director at raclark@ymca.org or call 619.449.9622

END OF SUMMER DANCE PARTY!
Friday, September 20th
6pm-8pm
Members: $20.00
Non-Members: $25.00
*Dress in your fave Summer threads*

Space is limited, register at Member Services today!

ZUMBA® DANCE PARTY!