



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOHN A. DAVIS FAMILY YMCA GROUP EXERCISE SCHEDULE | NOVEMBER

MORNING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
QIGONG 6:30-7:25 Yali (S3)	TAI CHI 6:30-7:25 John (S1)	PILATES 6:00-6:55 JoAnne (S1)	TAI CHI 6:30-7:25 John (S1)	PILATES 6:00-6:55 Shauna (S1)	FUSION YOGA 8:00-9:25 Susan (S3) ★	FUSION YOGA 10:00-11:15 Susan (S1) ★
EXERCISE LITE 7:30-8:25 Kris (S1) ♥	EXERCISE LITE 7:30-8:25 Kathy (S1) ♥	QIGONG 6:30-7:25 Yali (S3)	EXERCISE LITE 7:30-8:25 Kathy (S1) ♥	QIGONG 6:30-7:25 Yali (S3)	BODYPUMP® 7:45-8:45 Trish (S1) ◆	
FUSION YOGA/ PILATES 9:00-10:25 Robbi (S1)	CYCLING 8:00-8:55 Linda (S3)	DANCE! INTRO 7:30-8:25 Ed (S1) ♥ 7+ ★	CYCLING 8:00-8:55 Linda (S3)	EXERCISE LITE 7:30-8:25 Katrina (S1) ♥	HATHA/VINYASA YOGA 9:00-10:15 Maya (S1) I/A	
KETTLEBELL 9:30-10:25 Debbie (S3) ★	STEP 8:30-9:25 Kathy (S1)	HI-LOW CARDIO 9:00-9:55 Kathy (S1)	STEP 8:30-9:25 Kathy (S1)	ZUMBA® GOLD 7+ 9:00-9:55 Timothy (S3) ♥ ★	CYCLING/STRENGTH 9:35-10:30 Erich (S3) I/A	
DANCE! 10:30-11:20 Ed (S1) ♥ 7+ ★	BODYCOMBAT 9:00-9:55 Larisse (S3)	TRX CIRCUIT 9:30-10:25 Josh (S3)	FUSION YOGA 9:45-11:00 Mary (S1) ◆	PILATES INTRO 9:00-9:25 Jean (S1) ★	STEP 10:35-11:30 Kathy (S1)	
EXERCISE LITE 11:30-12:25 Kathy (S1) ♥	FUSION YOGA 9:45-11:00 Mary (S1) ◆	TEAM TRAINING - SILVER STRENGTH 10:00-10:55 Kris (FC) \$	FOREVER FIT 11:15-12:00 Kris (S1) ♥	PILATES 9:30-10:25 Jean (S1) ★		
	FOREVER FIT 11:15-12:00 Kris (S1) ♥	VINYASA YOGA 10:30-11:25 Kerry (S1)		BODYCOMBAT 10:00-10:55am Cheryl (S3)		
		DANCE! 10:30-11:20 Ed (S3) ♥ 7+ ★		FOREVER FIT 10:30-11:15 Kris (S1) ♥		
		EXERCISE LITE 11:30-12:25 Katrina (S1) ♥		EXERCISE LITE 11:30-12:25 Katrina (S1) ♥		

ENHANCE YOUR FITNESS

KICKSTART PROGRAM

This is a **FREE** member benefit program open to all members. Members work with a trained wellness coach for three meetings over the course of 4-weeks to set goals, learn how they can overcome barriers, and master machines and exercises that will make the greatest impact.

Stop by the Member Services Desk to schedule your **FREE** KickStart appointment today!

LIVESTRONG AT THE YMCA

LIVESTRONG at the YMCA is a **FREE**, 12-week program that meets twice a week and is designed to meet the needs of adults with cancer before, during, and after treatment. It is a proven, evidence and research based program that empowers cancer survivors to take an active role in their own health by engaging in a strength and conditioning program at the John A. Davis Family YMCA. **This program is open to all members in the community.**

Our next 12-week session begins **January 2019**. To find out more, please contact Josh Beall at 619-464-9622 ext. 12206 or jbeall@ymca.org.

- ◆ **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
- \$ **FEE BASED.** These programs require a fee.

LOCATIONS

- (S1) Studio 1 (CW) Child Watch
- (S3) Studio 3 (POOL) Pool



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOHN A. DAVIS FAMILY YMCA GROUP EXERCISE SCHEDULE | NOVEMBER

AFTERNOON/EVENING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GENTLE YOGA 12:30-1:45 Kerry (S3) ♦♦ ☆	GENTLE YOGA 12:15-1:30 Duke (S1) ♥ ☆	GENTLE YOGA 12:30-1:45 Pam (S3) ♦♥ ☆	GENTLE YOGA 12:15-1:30 Duke (S1) ♥ ☆	GENTLE YOGA 12:30-1:45 Susan (S1) ♦♦
ARTHRITIS/STRETCH 1:30-2:15 Bobbi (S1) ♥	CHAIRYOGA 1:45-2:40 Duke (S3) ♥	ARTHRITIS/STRETCH 1:30-2:15 Kris (S1) ♥	CHAIR YOGA 1:45-2:40 Duke (S3) ♥	
FOREVER FIT 2:30-3:15 Bonnie (S1) ♥	PARKINSONS/BALANCE 1:45-2:40 Becki (S1) ♥	FOREVER FIT 2:30-3:15 Amelia (S1) ♥	PARKINSONS/BALANCE 1:45-2:40 Becki (S1) ♥	
PILATES/BARRE 4:30-5:25 Jean (S1) I/A	KIDS CLUB 4:00-4:45 Staff (CW)	PILATES 4:30-5:25 Jean (S1) ☆	EXTREME FIT 4:00-4:45 Cindy (S1) I/A	
FUSION YOGA 5:15-6:30 Lisa (S3) ☆	EXTREME FIT 4:30-5:15 Josh (S1) I/A	STRENGTH 5:30-6:25 Anne (S1)	KIDS CLUB 4:00-4:45 Staff (CW)	
STEP 5:30-6:25 Bonnie/Anne (S1)	CYCLING/STRENGTH 5:30-6:15 John (S3)	BODYCOMBAT® 6:00-6:55 Eduardo (S3)	BODYPUMP® 5:00-5:55 Trish (S1) ♦	
ZUMBA® 6:30-7:25 Thomas (S1) 7+	FAMILY KARATE 6:00-7:00 Casey (S1) \$	ZUMBA® 6:30-7:25 Donna (S1) 7+	CYCLING/STRENGTH 5:30-6:15 John (S3)	
KUNDALINI YOGA/ MEDITATION 6:45-8:00 Sybilla (S3)	TEAM TRAINING— GENTLE HATHA YOGA 6:30-7:25 Ashley (S3) \$		FAMILY KARATE \$ 6:00-7:00 Casey (S1)	
	BODYPUMP® 7:15-8:15 Cheryl (S1) ♦			

****THURSDAY NOVEMBER 22ND WE WILL BE CLOSED FOR THANKSGIVING.****
Please call or ask about the modified class schedule on Wednesday 11/21 and Friday 11/23

WATER CLASSES

MONDAY 10:30-11:30AM Hettie (POOL)	WEDNESDAY 10:30-11:30AM Peggy (POOL)	FRIDAY 10:30-11:30AM Hettie (POOL)
TUESDAY 10:30-11:30AM Peggy (POOL)	THURSDAY 10:30-11:30AM Josh (POOL)	SATURDAY 9:00-10:00 Karen (POOL)

AQUA BODY STRONG \$

MONDAY 12:00-12:40PM Lisa (POOL) STRENGTH	TUESDAY 4:15-4:55PM Peggy (POOL) GROWING YOUNG	WEDNESDAY 3:00-3:40PM Susan (POOL) STRENGTH
FRIDAY 4:15-4:55PM Ashley (POOL) FLOW	SUNDAY 9:30-10:10AM Ai (POOL) ACTIVE	

CHILD WATCH HOURS:

- **MONDAYS/WEDNESDAYS:** 8:30-11:45AM, 3:50-7:45PM
- **TUESDAYS:** 7:55-11:45AM, 3:50-8:25PM
- **THURSDAYS:** 7:55-11:45AM, 3:50-7:45PM
- **FRIDAYS:** 8:30-11:45AM, 4:00-6:30PM
- **SATURDAYS:** 7:30AM-12:00PM
- **SUNDAYS:** 9:00-11:30AM

TEAM TRAINING

WHAT IS TEAM TRAINING AND HOW DO I GET INVOLVED?

Team Training is small group workouts designed with your specific interests in mind for groups of 3-6 people. Team Training can be focused to areas such as yoga, strength and conditioning, Pilates, bootcamp, and more!
Join a currently scheduled Team Training group (see schedule) by registering at the Member Services desk or form your own group and contact Josh Beall at jbeall@ymca.org or 619-464-9622 ext. 12206 to arrange a day and time with a trainer that fits your needs!

QUESTIONS?

Please contact Josh Beall, Health and Wellness Director, at jbeall@ymca.org or 619-464-9622.

FACILITY HOURS

MONDAY-THURSDAY: 5:00AM-9:00PM
FRIDAY: 5:00AM-8:00PM
SATURDAY: 7:00AM-6:00PM
SUNDAY: 8:00AM-4:00PM