



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOHN A. DAVIS FAMILY YMCA GROUP EXERCISE SCHEDULE | OCTOBER

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 Chava (S3) ★	STEP 8:30-9:25 Kathy (S1)	HI-LOW CARDIO 9:00-9:55 Chava (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!

BECOME A FREQUENT Y'ER

Did you know that you could win a **FREE** month of membership? Here's how:

- Pick up a Frequent Y'er card at our membership desk at the beginning of each month at any facility.
- Visit any facility 12 times for your favorite class, to learn something new from your favorite wellness coach, or spend some time in the pool. Have a membership or fitness staff initial your card each visit.
- Place your completed card in the opportunity drawing box for a chance to win!

Questions? Contact our Member Services Desk at 619-464-9622.



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 intensity and advanced instruction provided



FEE BASED. These programs require a fee.

LOCATIONS

(S1) Studio 1 **(CW)** Child Watch

(S3) Studio 3 **(POOL)** Pool



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AFTERNOON/EVENING

DAY	TIME	INSTRUCTOR	LEVEL
MONDAY	12:30-1:45	Kerry (S3)	★♦♦
	1:30-2:15	Bobbi (S1)	♥
	2:30-3:15	Bonnie (S1)	♥
	4:30-5:25	Jean (S1)	I/A
	5:15-6:30	Lisa (S3)	★
TUESDAY	12:15-1:30	Duke (S1)	♥★
	1:45-2:40	Duke (S3)	♥
	1:45-2:40	Becki (S1)	♥
	4:00-4:45	Staff (CW)	
	4:30-5:15	Chavva (S1)	I/A
WEDNESDAY	12:30-1:45	Pam (S3)	♦♥★
	1:30-2:15	Kris (S1)	♥
	2:30-3:15	Amelia (S1)	♥
	4:30-5:25	Jean (S1)	★
	5:30-6:25	Anne (S1)	
THURSDAY	12:15-1:30	Duke (S1)	♥★
	1:45-2:40	Duke (S3)	♥
	1:45-2:40	Becki (S1)	♥
	4:00-4:45	Staff (CW)	
	5:00-5:55	Trish (S1)	♦
FRIDAY	12:30-1:45	Susan (S1)	♦♥
	6:00-7:00PM	Peggy (POOL)	
	6:45-7:25	Ashley (POOL)	
	7:15-8:15	Cheryl (S1)	♦
	7:30-8:00PM	Casey (S1)	\$

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.

WATER CLASSES

MONDAY	WEDNESDAY	FRIDAY
10:30-11:30AM Hettie (POOL)	10:30-11:30AM Peggy (POOL)	10:30-11:30AM Hettie (POOL)
MONDAY	WEDNESDAY	SATURDAY
6:00-7:00PM Peggy (POOL)	6:00-7:00PM Peggy (POOL)	9:00-10:00 Karen (POOL)
TUESDAY	THURSDAY	
10:30-11:30AM Peggy (POOL)	10:30-11:30AM Josh (POOL)	

NEW AQUA BODY STRONG \$

MONDAY	TUESDAY	WEDNESDAY
12:00-12:40PM Lisa (POOL) STRENGTH	6:45-7:25PM Peggy (POOL) ACTIVE	3:00-3:40PM Susan (POOL) STRENGTH
THURSDAY	FRIDAY	SUNDAY
6:45-7:25PM Ashley (POOL) FLOW	4:15-4:55PM Ashley (POOL) FLOW	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, 4:00-6:00PM
- SATURDAYS: 7:30AM-12:00PM
- SUNDAYS: 9:00-11:30AM

FACILITY HOURS

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