



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOHN A. DAVIS FAMILY YMCA GROUP EXERCISE SCHEDULE | JANUARY

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 Erica (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 Amelia (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



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JOHN A. DAVIS FAMILY YMCA GROUP EXERCISE SCHEDULE | JANUARY

AFTERNOON/EVENING

MONDAY

GENTLE YOGA ★
12:30-1:45
Kerry (S3) ♦♦

ARTHRITIS/STRETCH
1:30-2:15
Bobbi (S1) ♥

FOREVER FIT
2:30-3:15
Bonnie (S1) ♥

PILATES/BARRE
4:30-5:25
Jean (S1) I/A

FUSION YOGA ★
5:15-6:30
Lisa (S3)

STEP
5:30-6:25
Bonnie/Anne (S1)

ZUMBA® 7+
6:35-7:30
Thomas (S3)

**KUNDALINI YOGA/
MEDITATION**
6:45-7:55
Sybilla (S1)

TUESDAY

GENTLE YOGA ★
12:15-1:30
Duke (S1) ♥★

CHAIRYOGA
1:45-2:40
Duke (S3) ♥

**PARKINSONS/
BALANCE**
1:45-2:40
Becki (S1) ♥

EXTREME FIT
4:30-5:15
Chavva (S1)

CYCLING/STRENGTH I/A
5:30-6:15
John (S3)

FAMILY KARATE
6:00-7:00
Casey (S1) \$

**TEAM TRAINING—
GENTLE HATHA YOGA**
6:30-7:25
Ashley (S3) \$

BODYPUMP®
7:15-8:15
Cheryl (S1) ♦

WEDNESDAY

GENTLE YOGA ★
12:30-1:45
Pam (S3) ♦♥★

ARTHRITIS/STRETCH
1:30-2:15
Kris (S1) ♥

FOREVER FIT
2:30-3:15
Amelia (S1) ♥

PILATES ★
4:30-5:25
Jean (S1)

STRENGTH
5:30-6:25
Anne (S1)

BODYCOMBAT®
6:00-6:55
Eduardo (S3)

ZUMBA® 7+
6:30-7:25
Donna (S1)

THURSDAY

GENTLE YOGA ★
12:15-1:30
Duke (S1) ♥★

CHAIR YOGA
1:45-2:40
Duke (S3) ♥

**PARKINSONS/
BALANCE**
1:45-2:40
Becki (S1) ♥

EXTREME FIT I/A
4:00-4:45
Cindy (S1)

BODYPUMP® ♦
5:00-5:55
Trish (S1)

CYCLING/STRENGTH
5:30-6:15
John (S3)

FAMILY KARATE \$
6:00-7:00
Casey (S1)

FRIDAY

GENTLE YOGA ♦♦
12:30-1:45
Susan (S1)

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)

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

FACILITY HOURS

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

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.

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.

REMINDERS:

- **All schedules are subject to change without prior notice. Please check our schedule regularly for the most updated group exercise schedule.**
- Members ages 7-12 must have a parent/guardian present in class. Youth need to be actively engaged during class activities.

NOTE: Please do not enter a studio after class has begun.