



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JOHN A. DAVIS FAMILY YMCA GROUP EXERCISE SCHEDULE | AUGUST

MORNING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>QIGONG</b> 6:30-7:25 Yali (S3)	<b>TAI CHI</b> 6:30-7:25 John (S1)	<b>PILATES</b> 6:00-6:55 JoAnne (S1)	<b>TAI CHI</b> 6:30-7:25 John (S1)	<b>PILATES</b> 6:00-6:55 Shauna (S1)	<b>FUSION YOGA</b> 8:00-9:25 Susan (S3) ★	<b>FUSION YOGA</b> 10:00-11:15 Susan (S1) ★
<b>EXERCISE LITE</b> 7:30-8:25 Kris (S1) ♥	<b>EXERCISE LITE</b> 7:30-8:25 Kathy (S1) ♥	<b>QIGONG</b> 6:30-7:25 Yali (S3)	<b>EXERCISE LITE</b> 7:30-8:25 Kathy (S1) ♥	<b>QIGONG</b> 6:30-7:25 Yali (S3)	<b>BODYPUMP®</b> 7:45-8:45 Trish (S1) ◆	
<b>FUSION YOGA/ PILATES</b> 9:00-10:25 Robbi (S1)	<b>CYCLING</b> 8:00-8:55 Linda (S3)	<b>DANCE! INTRO</b> 7:30-8:25 Ed (S1) ♥ 7+ ★	<b>CYCLING</b> 8:00-8:55 Linda (S3)	<b>EXERCISE LITE</b> 7:30-8:25 Katrina (S1) ♥	<b>HATHA/VINYASA YOGA</b> 9:00-10:15 Maya (S1) I/A	
<b>KETTLEBELL</b> 9:30-9:55 Way-Jen (S3) ★	<b>STEP</b> 8:30-9:25 Kathy (S1)	<b>HI-LOW CARDIO</b> 9:00-9:55 Chavva (S1)	<b>STEP</b> 8:30-9:25 Kathy (S1)	<b>ZUMBA® GOLD</b> 7+ ★ 9:00-9:55 Timothy (S3) ♥ ★	<b>CYCLING/STRENGTH</b> 9:35-10:30 Staff (S3) I/A	
<b>KETTLEBELL</b> 10:00-10:25 Chawa (S3)	<b>BODYCOMBAT</b> 9:00-9:55 Larisse (S3)	<b>CANCELLED JUL-NEW CLASS IN AUG</b> 9:30-10:25 (S3)	<b>FUSION YOGA</b> 9:45-11:00 Mary (S1) ◆	<b>PILATES INTRO</b> 9:00-9:25 Jean (S1) ★	<b>STEP</b> 10:35-11:30 Kathy (S1)	
<b>DANCE!</b> 10:30-11:20 Ed (S1) ♥ 7+ ★	<b>FUSION YOGA</b> 9:45-11:00 Mary (S1) ◆	<b>TEAM TRAINING - SILVER STRENGTH</b> 10:00-10:55 Kris (FC) \$	<b>FOREVER FIT</b> 11:15-12:00 Kris (S1) ♥	<b>PILATES</b> 9:30-10:25 Jean (S1) ★		
<b>EXERCISE LITE</b> 11:30-12:25 Kathy (S1) ♥	<b>FOREVER FIT</b> 11:15-12:00 Kris (S1) ♥	<b>VINYASA YOGA</b> 10:30-11:25 Kerry (S1)		<b>BODYCOMBAT</b> 10:00-10:55am Cheryl (S3)		
		<b>DANCE!</b> 10:30-11:20 7+ ★ Ed (S3) ♥		<b>FOREVER FIT</b> 10:30-11:15 Kris (S1) ♥		
		<b>EXERCISE LITE</b> 11:30-12:25 Kris/Katrina (S1) ♥		<b>EXERCISE LITE</b> 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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# JOHN A. DAVIS FAMILY YMCA GROUP EXERCISE SCHEDULE | AUGUST

## 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®** 6:30-7:25 Thomas (S1) 7+

**KUNDALINI YOGA/ MEDITATION** 6:45-8:00 Sybilla (S3)

**TUESDAY**

**GENTLE YOGA** 12:15-1:30 Duke (S1) ♥★

**CHAIRYOGA** 1:45-2:40 Duke (S3) ♥

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

**KIDS CLUB** 4:00-4:45 Staff (CW)

**EXTREME FIT** 4:30-5:15 Chavva (S1) I/A

**CYCLING/STRENGTH** 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 Maya (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 Larisse (S3)

~~**ZUMBA®** 6:30-7:25 Donna (S1) 7+~~

CANCELED FOR AUGUST  
Instructor is on medical leave. We apologize for the inconvenience

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

**KIDS CLUB** 4:00-4:45 Staff (CW)

**BODYPUMP®** 5:00-5:55 Trish (S1) ♦

**CYCLING/STRENGTH** 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)

**FRIDAY**

**GENTLE YOGA** 12:30-1:45 Susan (S1) ♦♥

**WATER CLASSES**

<b>MONDAY</b> 10:30-11:30AM Hettie (POOL)	<b>WEDNESDAY</b> 10:30-11:30AM Peggy (POOL)	<b>FRIDAY</b> 10:30-11:30AM Hettie (POOL)
<b>MONDAY</b> 6:00-7:00PM Peggy (POOL)	<b>MONDAY</b> 6:00-7:00PM Peggy (POOL)	<b>SATURDAY</b> 9:00-10:00 Karen (POOL)
<b>TUESDAY</b> 10:30-11:30AM Peggy (POOL)	<b>THURSDAY</b> 10:30-11:30AM Lisa (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, 4:00-6:00PM
- SATURDAYS: 7:30AM-12:00PM
- SUNDAYS: 9:00-11:30AM

### 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.

### QUESTIONS?

Please contact Way-Jen Enlow, Health and Wellness Director, at wenlow@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

## TEAM TRAINING

### WHAT IS TEAM TRAINING?

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!

### WHAT ARE THE BENEFITS OF TEAM TRAINING?

Team Training allows members to become part of a small community and work toward common goals together, increasing motivation and accountability. It also provides workouts based on specific goals. These classes can help improve all five components of exercise: body composition, muscular endurance, cardio endurance, muscular strength, and flexibility.

### HOW DO I GET INVOLVED?

Join a currently scheduled Team Training group (see schedule) by registering at the Member Services desk or form your own group and contact Pat Resnick at presnick@ymca.org or 619-464-9622 ext. 12230 to arrange a day and time with a trainer that fits your needs!