



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOHN A. DAVIS FAMILY YMCA GROUP EXERCISE SCHEDULE | SEPTEMBER

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

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 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 Larisse (S3)
ZUMBA® 6:30-7:25 Donna (S1) 7+

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)

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

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 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!