



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOHN A. DAVIS FAMILY YMCA GROUP EXERCISE SCHEDULE | APRIL

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 9:30-9:55 Way-Jen (S3) ★	STEP 8:30-9:25 Kathy (S1)	HI-LOW CARDIO 9:00-9:55 Chavva (S1)	STEP 8:30-9:25 Kathy (S1)	ZUMBA® GOLD 7+ 9:00-9:55 Timothy (S3) ♥ ★	CYCLING/STRENGTH 9:35-10:30 Staff (S3) I/A	
KETTLEBELL 10:00-10:25 Way-Jen (S3)	BODYCOMBAT 9:00-9:55 Larisse (S3)	KETTLEBELL 9:30-9:55 Way-Jen (S3)	FUSION YOGA 9:45-11:00 Mary (S1) ◆	PILATES INTRO 9:00-9:25 Jean (S1)	STEP 10:35-11:30 Kathy (S1)	
DANCE! 10:30-11:20 Ed (S1) ♥ 7+ ★	FUSION YOGA 9:45-11:00 Mary (S1) ◆	KETTLEBELL 10:00-10:25 Way-Jen (S3)	FOREVER FIT 11:15-12:00 Kris (S1) ♥	PILATES 9:30-10:25 Jean (S1) ★		
EXERCISE LITE 11:30-12:25 Kathy (S1) ♥	FOREVER FIT 11:15-12:00 Kris (S1) ♥	TEAM TRAINING - SILVER STRENGTH 10:00-10:55 Kris (FC) \$		BODYCOMBAT 10:00-10:55am Cheryl (S3) ★		
	TEAM TRAINING - PILATES 11:15-12:10 Mary (S3) \$	VINYASA YOGA 10:30-11:25 Kerry (S1)		FOREVER FIT 10:30-11:15 Kris (S1) ♥		
		DANCE! 10:30-11:20 Ed (S3) ♥ 7+ ★		EXERCISE LITE 11:30-12:25 Katrina (S1) ♥		
		EXERCISE LITE 11:30-12:25 Kris/Katrina (S1) ♥				

JOHN A. DAVIS SPRINT TRIATHLON

SUNDAY, APRIL 29 | HEATS BEGIN AT 7:30AM

Swim, bike, and run in the John A. Davis 3rd Annual Sprint Triathlon/Aqua Bike! Participant as an individual or on a relay team of three. Race distances are: 800 yard swim (0.5 mile), 10 mile bike (Stages Cycle), 3.1 outdoor run.

Questions? Contact Way-Jen Enlow at wenlow@ymca.org

RESTORATIVE YOGA/ MEDITATION WORKSHOP

Join us for a two-hour meditation workshop with benefits that include:

- Deep physical relaxation
- Enhanced flexibility
- Balanced nervous system
- Improved capacity for healing
- Heightened mental awareness
- A quiet mind and heart

Sunday, April 29, 12:00-2:00pm
Instructor: Susan Gilbert

- ◆ **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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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 II 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+

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

MONDAY 10:30-11:30AM Hettie (POOL)	WEDNESDAY 10:30-11:30AM Peggy (POOL)	FRIDAY 10:30-11:30AM Hettie (POOL)
MONDAY BEGINS 3/12 6:00-7:00PM Peggy (POOL)	MONDAY BEGINS 3/14 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 Staff (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!