



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 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 Debbie (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 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) ◆	VINYASA YOGA 10:30-11:25 Kerry (S1)	FOREVER FIT 11:15-12:00 Kris (S1) ♥	PILATES 9:30-10:25 Jean (S1) ★		
	FOREVER FIT 11:15-12:00 Kris (S1) ♥	DANCE! 10:30-11:20 Ed (S3) ♥		BODYCOMBAT 10:00-10:55am Cheryl (S3)		
		EXERCISE LITE 11:30-12:25 Amelia (S1) 7+ ★		FOREVER FIT 10:30-11:15 Kris (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!

SPRING INTO FITNESS WELLNESS BINGO

APRIL 1 - 30

Stop by the Wellness Center or Front Desk to pick up your BINGO card. Complete 5 challenges in a row to be entered into a drawing for a free month of membership or YMCA gear! See staff for more details.

- ◆ **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 Lisa (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® 6:35-7:30 Thomas (S3) 7+

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

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/ CORE FIT 5:30-6:25 Anne (S1)

BODYCOMBAT® 6:00-6:55 Eduardo (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

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)

KIDS CLUB NEW

MONDAY 4:00pm-4:45pm Art Activity (S3)	WEDNESDAY 4PM-4:45PM Table Top Games (S3)
TUESDAY 4:00pm-4:45pm Kids Fit Class (S3)	THURSDAY 4:00pm-4:45pm Active Group Games (S3)

*Ages 6-12 Children need to be signed into child watch first.

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.

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.

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