



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 Erica (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 Ashley (S1) I/A	
<b>KETTLEBELL</b> 9:30-10:25 Debbie (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 Erich (S3) ◆ I/A	
<b>DANCE!</b> 10:30-11:20 Ed (S1) ♥ 7+ ★	<b>BODYCOMBAT</b> 9:00-9:55 Larisse (S3)	<b>TRX CIRCUIT</b> 9:30-10:25 Josh (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>EXERCISE LITE</b> 11:30-12:25 Kathy (S1) ♥	<b>FUSION YOGA</b> 9:45-11:00 Mary (S1) ◆	<b>VINYASA YOGA</b> 10:30-11:25 Kerry (S1)	<b>FOREVER FIT</b> 11:15-12:00 Kris (S1) ♥	<b>PILATES</b> 9:30-10:25 Jean (S1) ★		
	<b>FOREVER FIT</b> 11:15-12:00 Kris (S1) ♥	<b>DANCE!</b> 10:30-11:20 Ed (S3) ♥		<b>BODYCOMBAT</b> 10:00-10:55am Larisse (S3)		
		<b>EXERCISE LITE</b> 11:30-12:25 Amelia (S1) ♥ 7+ ★		<b>FOREVER FIT</b> 10:30-11:15 Kris (S1) ♥		
				<b>EXERCISE LITE</b> 11:30-12:25 Katrina (S1) ♥		

Check out the new **STUDIO SWEAT** workout videos on demand in Studios 1 and 2.

## 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 **AUGUST 2019**. To find out more, please contact Josh Beall at 619-464-9622 ext. 12206 or [jbeall@ymca.org](mailto: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 | AUGUST

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

## 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) ♥★  
CHAIR YOGA 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) \$  
BODYPUMP® 7:15-8:15 Lakemba (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 Lisa (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) ◆♥

## TEAM TRAINING

**DON'T SEE A SPECIFIC CLASS AT A TIME THAT WORKS FOR YOU?**  
SIGN UP FOR TEAM TRAINING to work in smaller groups at a convenient time for you and 3-6 of your workout buddies. Team Training can be focused in areas such as yoga, strength and conditioning, Pilates, bootcamp, and more!  
Register at the front desk for a currently scheduled Team Training (see schedule) 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!

## 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.

## WATER CLASSES

<b>MONDAY</b> 10:30-11:30AM Hettie (POOL)	<b>TUESDAY</b> 10:30-11:30AM Peggy (POOL)	<b>TUESDAY</b> 6PM-7PM Peggy (POOL)	<b>WEDNESDAY</b> 10:30-11:30AM Peggy (POOL)
<b>THURSDAY</b> 10:30-11:30AM Josh (POOL)	<b>THURSDAY</b> 6PM-7PM Peggy (POOL)	<b>FRIDAY</b> 10:30-11:30AM Hettie (POOL)	<b>SATURDAY</b> 9:00-10:00 Karen (POOL)

## KIDS CLUB

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

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

## CHILD WATCH HOURS:

- MONDAY - THURSDAY: 8:30-11:45AM, 3:50-8:00PM
- FRIDAYS: 8:30-11:45AM, 4:00-6:30PM
- SATURDAYS: 7:30AM-12:00PM
- SUNDAYS: 9:00-11:30AM

## QUESTIONS?

Please contact Josh Beall, Health and Wellness Director, at jbeall@ymca.org or 619-464-9622.