



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

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!

## KNOW BEFORE YOU GO

### TEXT ALERTS

Receive the latest and greatest information on our group ex classes, pool, and facility! Opt in to as many codes as you like by texting the following group codes to 84483:

- DVYGROUPEX | Group exercise classes
- DVYWATEREX | Water exercise classes
- DVYPOOLS | Pool updates
- DVYFACILITY | Facility information

For details, pick up a flier at our Member Services desk!

- ◆ **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 | JUNE

**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 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 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!

## 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.

## 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\*\* NEW

<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:

- 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