



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOHN A. DAVIS FAMILY YMCA GROUP EXERCISE SCHEDULE | MARCH

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) ◆	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 Amelia (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!

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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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 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 Kid 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