



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOHN A. DAVIS FAMILY YMCA GROUP EXERCISE SCHEDULE | SEPTEMBER

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)	BODYPUMP® 7:45-8:45 Trish (S1) ◆	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)	FUSION YOGA 8:00-9:25 Susan (S3) ★	
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 Ashley (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 Larisse (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) ♥		

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!

KIDS TRAINING CLUB

NEW YOUTH PROGRAM!

We're excited to announce a new, **FREE** member benefit program! While you're working out, your children can participate in this fun, energetic class that encourages teamwork, cognitive and sports skills, active games and of course, **FUN!** Space is limited. Register **TODAY!**

When: Tuesdays and/or Thursdays:

4:30-5:10pm 5-8 yrs,

5:15-5:55pm 7-13 yrs

Session: 6-Weeks beginning September 17th

Members: **FREE** **Non-Members:** \$38

- ◆ **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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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

DAY	CLASS	TIME	INSTRUCTOR	LEVEL
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)	★
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
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)	♥
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)	◆
FRIDAY	GENTLE YOGA	12:30-1:45	Susan (S1)	◆ ♥
	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)	♥
SATURDAY	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)	★
SUNDAY	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)	★

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

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

KIDS CLUB

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.

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