



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JACKIE ROBINSON FAMILY YMCA GROUP EXERCISE SCHEDULE | JULY

MORNING

**MONDAY**

**CYCLING**  
9:15 - 10:10  
Rachel (S2) ★<sup>GS</sup>

**FOREVER FIT**  
9:00 - 9:45  
(STARTS 7/9)  
Katrina (IG)

**ZUMBA®**  
10:15 - 11:10  
Gina (S1) 7+

**LINE DANCING**  
10:30 - 11:30  
(2nd & 4th Monday  
of each month)  
Pat (IG)

**HATHA YOGA**  
10:30 - 11:25  
Tara (S2) ♥

**TUESDAY**

**U-JAM®**  
9:15 - 10:10  
Mei (S1) ♥ 7+

**FOREVER FIT**  
9:30 - 10:25  
Katrina (IG) ♥

**GENTLE YOGA**  
9:30 - 10:25  
Gina (S2) ☺♥

**WEDNESDAY**

**RESTORATIVE YOGA**  
8:00 - 8:55  
Allison (S2) ★<sup>GS</sup> ♥

**CYCLING**  
9:15 - 10:10  
Bety (S2) ◆

**ZUMBA®**  
10:15 - 11:10  
Gina (S1) 7+

**THURSDAY**

**FOREVER FIT**  
9:30 - 10:25  
Katrina (IG)

**U-JAM®**  
9:30 - 10:25  
Renelyne (S1) 7+

**HATHA YOGA**  
9:30 - 10:25  
Tara (S2) ★<sup>GS</sup> ♥

**FRIDAY**

**CYCLING**  
9:00 - 9:55  
Timothy (S2) ◆

**BODYPUMP®**  
9:00 - 9:55  
LaKemba (S1) ◆

**POWER YOGA**  
10:15 - 11:10  
Tony (S2)

**ZUMBA®**  
10:15 - 11:10  
Martha (S1) 7+ ★<sup>GS</sup>

**SATURDAY**

**CYCLING**  
8:15 - 9:10  
Jerome A. (S2) ◆☺

**ZUMBA®**  
8:30 - 9:25  
Gina (S1) 7+

**HATHA YOGA**  
9:30 - 10:25  
Stephanie (S2) ☺

**BODYPUMP®**  
9:45 - 10:40  
Jerome R. (S1) ◆

**BODYCOMBAT®** ☺  
10:50 - 11:45  
Jerome R. (S1)

**AFRICAN DANCE**  
11:00 - 12:30  
Aminisha (IG)

**SUNDAY** NO GROUP EXERCISE CLASSES

## HOURS OF OPERATION

Mon. - Fri. 5:30 a.m. - 9 p.m.  
Saturday 7 a.m. - 6 p.m.  
Sunday 8 a.m. - 5 p.m.

## CHILD WATCH HOURS

Ages 6 weeks - 6 years

Mon. - Thurs. 7:45-11:45 a.m.  
4:15-8:15 p.m.  
Friday 7:45-11:45 a.m.  
4:15-7:15 p.m.  
Saturday 8 a.m. - 12 p.m.

## KIDS CLUB HOURS

Ages 7-12 years

Mon. - Thurs. 4:15-8:15 p.m.  
Friday 4:15-7:15 p.m.  
Saturday 8 a.m. - 12 p.m.

151 YMCA Way • San Diego, CA 92102  
619-264-0144

[ymca.org/jackierobinson](http://ymca.org/jackierobinson)

## TRANSFORMATION CHALLENGE

- Two training sessions a week, Monday/Wednesday OR Tuesday/Thursday.
- Monthly fitness/nutrition workshops.
- Accountability for your exercise program.
- Support for when you need it most.
- Motivation to stay on track and reach your wellness goals.
- A fraction of the cost of personal.
- Training and scholarships are available!
- Member pricing: \$133/month, that's about \$15/session!

**SPACE IS LIMITED, SIGN UP TODAY!**

For more information:

David Pendergrass • [dpendergrass@ymca.org](mailto:dpendergrass@ymca.org)  
619-264-0144

◆ **PASS REQUIRED** Space is limited. Pick up a pass at the Welcome Center.

♥ **Y ACTIVE ADULTS ACTIVITIES**

**APPROPRIATE FOR OLDER ADULTS**

7+ **FAMILY FRIENDLY** Children ages 7-12 are encouraged to participate. Must actively participate with parent/guardian.

☺ **BABY FRIENDLY** Babies in stroller or carrier are allowed. No toddlers, please.

★<sup>GS</sup> **GETTING STARTED** A great place to begin or restart your exercise program

I/A **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided

TBD Instructor to be determined

**LOCATIONS:**

(S1) Studio 1

(S2) Studio 2

(IG) Intergenerational Room



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# JACKIE ROBINSON FAMILY YMCA GROUP EXERCISE SCHEDULE | JULY

## AFTERNOON/EVENING

**MONDAY**

**CYCLING**  
5:30-6:25  
Lizzie (S2) ◆

**U-JAM®**  
6:00 - 6:55  
Kelly (S1)

**VINYASA YOGA**  
7:00 - 7:55  
Philo (S2) ☺

**CARDIO BLAST EXPRESS**  
7:05 - 7:50  
Nasara (S1) ◆ 7+

**TUESDAY**

**VINYASA YOGA**  
5:30 - 6:25  
Kimberley (S2) ♥

**BODYPUMP® EXPRESS**  
6:00 - 6:45  
Brian (S1) ◆

**ZUMBA®**  
7:00 - 7:55  
Rumi (S1) 7+

**EXTREME FIT**  
7:15 - 8:00  
Jilana (Outside Patio)

**WEDNESDAY**

**EXTREME FIT**  
5:15 - 6:10  
Jilana (S1) I/A

**CYCLING**  
5:45 - 6:40  
Timothy (S2) ◆ ☺

**CARDIO/STRENGTH EXPRESS**  
6:35 - 7:20  
Nasara (S1) 7+ ◆

**ZUMBA® EXPRESS**  
7:30 - 8:15  
Jackie (S1)

**THURSDAY**

**VINYASA YOGA**  
6:00 - 6:55  
Kimberley (S2) ♥

**BODYPUMP® EXPRESS**  
6:00 - 6:45  
TBD (S1) ◆

**CARDIO BLAST**  
7:00 - 7:55  
Debra (S1) ◆ 7+

**FRIDAY**

**ZUMBA®**  
5:45 - 6:40  
Jackie (S1) ☺ 7+

**SATURDAY**

NO GROUP EXERCISE CLASSES

**SUNDAY**

NO GROUP EXERCISE CLASSES

### Class Benefits:

<p><b>Flexibility</b></p> <p>Enhances the mind/body connection, improving coordination and reducing stress. Enhances joint range of motion. <b>F</b></p>	<p><b>Cardiovascular Fitness</b></p> <p>Strengthens the heart and lungs for efficiency. <b>CF</b></p>	<p><b>Core Stability</b></p> <p>Strengthens the deep abdominal muscles and improves postural alignment. <b>CS</b></p>	<p><b>Balance</b></p> <p>Improves proprioception and reduces the risk of falling. <b>B</b></p>	<p><b>Muscular Strength</b></p> <p>Increases strength and enhances muscular development and coordination. <b>MS</b></p>	<p><b>Cognitive Health</b></p> <p>Enhances neuromuscular activity and helps improve mind/body connection through specified movement patterns. <b>CH</b></p>
<p><b>Barre</b> <b>F CS B MS</b></p> <p>Sculpt your body and improve your posture using basic ballet principles</p>	<p><b>Cycling</b> <b>CF</b></p> <p>Cardio workout to music on specially designed stationary bicycles. Workout towel required.</p>	<p><b>Hatha Yoga</b> <b>F B CH</b></p> <p>Series of traditional postures that release tension and stress</p>	<p><b>Power Yoga</b> <b>F CS B MS CH</b></p> <p>Dynamic and challenging high-energy workout for experienced yogis</p>	<p><b>U-JAM®</b> <b>CF</b></p> <p>Athletic hip hop dance fitness workout</p>	<p><b>Vinyasa Yoga</b> <b>F CS B MS CH</b></p> <p>Series of poses that unite movement with breath</p>
<p><b>BODYCOMBAT®</b> <b>CS B</b></p> <p>Choreographed non-contact martial arts-inspired workout with moves from karate, taekwondo, boxing, muay thai, capoeira and kung fu</p>	<p><b>Extreme Fit</b> <b>CF CS MS</b></p> <p>Rigorous boot camp circuits combining plyometrics, agility, strength and cardio exercises</p>	<p><b>Forever Fit</b> <b>CF MS CH</b></p> <p>Chair-based fitness using seated and standing exercises</p>	<p><b>Gentle Yoga</b> <b>F CS B CH</b></p> <p>Breathing and relaxation in postures that are gentle on the joints</p>	<p><b>BODYPUMP®</b> <b>CF MS CS</b></p> <p>A pre-choreographed full-body workout program using light to moderate weights, performing high repetition</p>	<p><b>Zumba®</b> <b>CF</b></p> <p>Combines unique Latin moves and rhythms to create an exciting dynamic workout</p>
<p><b>Cardio Blast</b> <b>CF CS MS</b></p> <p>A total-body, high-intensity cardio and strength workout</p>					

**TRANSFORMATION CHALLENGE**  
New groups every month (10am or 6pm)  
SEE OTHER SIDE FOR MORE INFO. →

- MONTHLY UPDATES:**
- **SUNDAY, JUNE 17 - Father's Day:** We will be open open and free to the community on Father's Day!
- REMINDERS:**
- All schedules are subject to change.
  - Youth under the age of 13 can attend only designated classes with parent/guardian participation and need to be actively engaged.
  - Please bring your own yoga mat to classes.
  - Passes available at Welcome Center 30 min. prior to the start of class
  - Shaded classes are under review.
  - No cell phone use allowed in studios.
  - **NOTE:** Please do not enter studios after class begins.