



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JACKIE ROBINSON FAMILY YMCA GROUP EXERCISE SCHEDULE | JUNE

MONDAY

CYCLING
9:15 - 10:10
Rachel (S2) ★^{GS} ◆

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

GENTLE YOGA
8:00 - 8:55
Allison (S2) ★^{GS} ♥

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) ★^{GS} ♥

FRIDAY

CYCLING
9:00 - 9:55
Timothy (S2) ◆

BODYPUMP®
9:00 - 9:55
Jerome R. (S1) ◆

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

ZUMBA®
10:15 - 11:10
Martha (S1) ●⁷⁺ ★^{GS}

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
Rosa (S1) ◆

BODYCOMBAT® ☺
10:50 - 11:45
Rosa/LaKemba (S1)

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

SUNDAY

NO GROUP EXERCISE CLASSES

MORNING

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

TRANSFORMATION CHALLENGE

- Two training sessions a week, Monday/Wednesday OR Tuesday/Thursday.
- Monthly 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
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.

★^{GS} **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 | JUNE

AFTERNOON/EVENING

MONDAY

CYCLING
5:30-6:25
Lizzie (S2) ◆

U-JAM®
6:00 - 6:55
Kelly (S1)

VINYASA YOGA
6:45-7:40
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+

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

BODYCOMBAT®
5:00-5:55
Robin (S1) ☺

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

BODYPUMP® EXPRESS
6:00 - 6:45
Robin (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:

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

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.