



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JACKIE ROBINSON FAMILY YMCA GROUP EXERCISE SCHEDULE | MAY

**MONDAY**

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

**ZUMBA®**  
10:15 - 11:10  
Gina (S1) ●<sup>7+</sup>

**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) ♥ ●<sup>7+</sup>

**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) ★<sup>GS</sup> ♥

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

**ZUMBA®**  
10:15 - 11:10  
Gina (S1) ●<sup>7+</sup>

**THURSDAY**

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

**U-JAM®**  
9:30 - 10:25  
Renelyne (S1) ●<sup>7+</sup>

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

**FRIDAY**

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

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

**STRENGTH/CORE FIT**  
10:00 - 10:55  
Jilana (IG)

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

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

**SATURDAY**

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

**ZUMBA®**  
8:30 - 9:25  
Gina (S1) ●<sup>7+</sup>

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

**BODYPUMP®**  
9:45 - 10:40  
Rosa (S1) ◆

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

**AFRICAN DANCE**  
11:00 - 12:30  
(STARTING MAY 12)  
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](http://ymca.org/jackierobinson)

**BUILD MORE  
THAN MUSCLE**

**PERSONAL  
TRAINING**

Small Group Training Also Available

**SCHOLARSHIPS  
AVAILABLE!**

- ◆ **PASS REQUIRED** Space is limited. Pick up a pass at the Welcome Center.
- ♥ **Y ACTIVE ADULTS ACTIVITIES**  
**APPROPRIATE FOR OLDER ADULTS**
- <sup>7+</sup> **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
- ▣<sup>I/A</sup> **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided
- TBD** Instructor to be determined

### LOCATIONS:

(S1) Studio 1      (S2) Studio 2  
(IG) Intergenerational Room



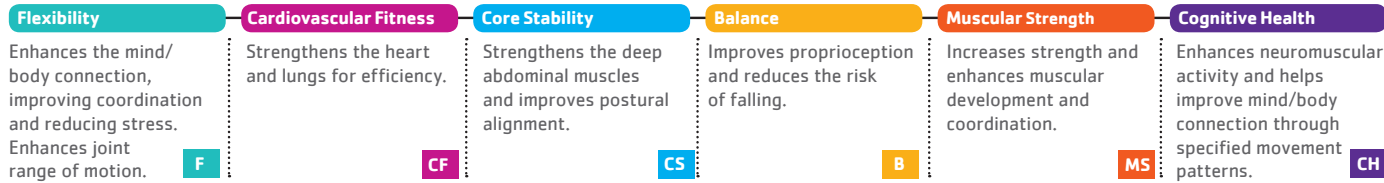
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# JACKIE ROBINSON FAMILY YMCA GROUP EXERCISE SCHEDULE | MAY

## AFTERNOON/EVENING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CYCLING</b> 5:30-6:25 Lizzie (S2) ◆	<b>VINYASA YOGA</b> 5:30 - 6:25 Kimberley (S2) ♥	<b>EXTREME FIT</b> 5:15 - 6:10 Jilana (S1) I/A	<b>BODYCOMBAT®</b> 5:00-5:55 Robin (S1) ☺	<b>ZUMBA®</b> 5:45 - 6:40 Jackie (S1) ☺	NO GROUP EXERCISE CLASSES	NO GROUP EXERCISE CLASSES
<b>U-JAM®</b> 6:00 - 6:55 Kelly (S1)	<b>BODYPUMP® EXPRESS</b> 6:00 - 6:45 Brian (S1) ◆	<b>CYCLING</b> 5:45 - 6:40 Timothy (S2) ◆ ☺	<b>VINYASA YOGA</b> 6:00 - 6:55 Kimberley (S2) ♥	<b>7+</b>		
<b>VINYASA YOGA</b> 6:45-7:40 Philo (S2) ☺	<b>ZUMBA®</b> 7:00 - 7:55 Rumi (S1) 7+	<b>CARDIO/STRENGTH EXPRESS</b> 6:35 - 7:20 Nasara (S1) 7+ ◆	<b>BODYPUMP® EXPRESS</b> 6:00 - 6:45 Robin (S1) ◆			
<b>CARDIO BLAST EXPRESS</b> 7:05 - 7:50 Nasara (S1) 7+ ◆		<b>ZUMBA® EXPRESS</b> 7:30 - 8:15 Jackie (S1)	<b>CARDIO BLAST</b> 7:00 - 7:55 Debra (S1) 7+ ◆			

### Class Benefits:



**Barre** (F, CS, B, MS)  
Sculpt your body and improve your posture using basic ballet principles

**BODYCOMBAT®** (CS, B)  
Choreographed non-contact martial arts-inspired workout with moves from karate, taekwondo, boxing, muay thai, capoeira and kung fu

**BODYPUMP®** (CF, MS, CS)  
A pre-choreographed full-body workout program using light to moderate weights, performing high repetition

**Cardio Blast** (CF, CS, MS)  
A total-body, high-intensity cardio and strength workout

**Cycling** (CF)  
Cardio workout to music on specially designed stationary bicycles. Workout towel required.

**Extreme Fit** (CF, CS, MS)  
Rigorous boot camp circuits combining plyometrics, agility, strength and cardio exercises

**Forever Fit** (CF, MS, CH)  
Chair-based fitness using seated and standing exercises

**Gentle Yoga** (F, CS, B, CH)  
Breathing and relaxation in postures that are gentle on the joints

**Hatha Yoga** (F, B, CH)  
Series of traditional postures that release tension and stress

**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

**Vinyasa Yoga** (F, CS, B, MS, CH)  
Series of poses that unite movement with breath

**Zumba®** (CF)  
Combines unique Latin moves and rhythms to create an exciting dynamic workout

### MONTHLY UPDATES:

- **SUNDAY, MAY 13:** We will be open to the community for Mother's Day.
- **MONDAY, MAY 28:** We will be open from 7 a.m. - 2 p.m. in observance of Memorial 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.