



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JACKIE ROBINSON FAMILY YMCA GROUP EXERCISE SCHEDULE | APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HATHA YOGA</b> 8:00 - 8:55 Tara (S2) ♥	<b>U-JAM®</b> 9:15 - 10:10 Mei (S1) ♥ 7+	<b>GENTLE YOGA</b> 8:00 - 8:55 Allison (S2) ★ 6S ♥	<b>FOREVER FIT</b> 9:30 - 10:25 Katrina (IG)	<b>CYCLING</b> 8:30 - 9:25 Charlene (S2) ◆	<b>CYCLING</b> 8:15 - 9:10 Jerome A. (S2) ◆ ☺	<b>NO GROUP EXERCISE CLASSES</b>
<b>CYCLING</b> 9:15 - 10:10 Rachel (S2) ★ 6S ◆	<b>FOREVER FIT</b> 9:30 - 10:25 Katrina (IG) ♥	<b>CYCLING</b> 9:15 - 10:10 Klarissa (S2) ◆	<b>U-JAM®</b> 9:30 - 10:25 Renelynne (S1) 7+	<b>BODYPUMP®</b> 9:00 - 9:55 Jerome R. (S1) ◆	<b>ZUMBA®</b> 8:30 - 9:25 Gina (S1) 7+	
<b>ZUMBA®</b> 10:15 - 11:10 Gina (S1) 7+	<b>GENTLE YOGA</b> 9:30 - 10:25 Gina (S2) ☺ ♥	<b>ZUMBA®</b> 10:15 - 11:10 Andrea (S1) 7+	<b>HATHA YOGA</b> 9:30 - 10:25 Tara (S2) ★ 6S ♥	<b>STRENGTH/CORE FIT</b> 10:00 - 10:55 Jilana (IG) <b>NEW!</b>	<b>HATHA YOGA</b> 9:30 - 10:25 Stephanie (S2) ☺	
				<b>POWER YOGA</b> 10:15 - 11:10 Amelia (S2)	<b>BODYPUMP®</b> 9:45 - 10:40 Rosa (S1) ◆	
				<b>ZUMBA®</b> 10:15 - 11:10 Martha (S1) 7+ ★ 6S	<b>BODYCOMBAT®</b> 10:50 - 11:45 Jerome R. (S1) ☺	

## 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**
- 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.
- ★ 6S **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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## 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) ☺ 7+	NO GROUP EXERCISE CLASSES	NO GROUP EXERCISE CLASSES
<b>U-JAM®</b> 6:00 - 6:55 TBD (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>VINYASA YOGA</b> 6:45-7:40 Philo (S2) ☺	<b>ZUMBA®</b> 7:00 - 7:55 Rumi (S1) 7+	<b>U-JAM®</b> 6:15 - 7:10 Kelly (IG) 7+	<b>BODYPUMP® EXPRESS</b> 6:05 - 6:50 Robin (S1) ◆			
<b>CARDIO BLAST EXPRESS</b> 7:05 - 7:50 Nasara (S1) 7+ ◆		<b>CARDIO/STRENGTH EXPRESS</b> 6:35 - 7:20 Nasara (S1) 7+ ◆	<b>CARDIO BLAST</b> 7:00 - 7:55 Debra (S1) 7+ ◆			
		<b>ZUMBA® EXPRESS</b> 7:30 - 8:15 Jackie (S1)				

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

### 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.