

DAN MCKINNEY FAMILY YMCA GROUP EXERCISE SCHEDULE | APRIL 2018

Schedule Updated: 3/27/18

MORNING (AM)

MONDAY

BODYPUMP®
6:00 - 6:55
Danielle (A&B)

EXERCISE LITE ♥
7:00 - 7:55
Patty (A&B) ★**GS**

GENTLE YOGA
8:00 - 8:55
Michelle S. (C) **7+**

**HI-LOW CARDIO/
STRENGTH** ♥
9:00 - 9:55
Sara (A&B)

CARDIO BLAST
9:00 - 9:55
Michelle S. (C)

CYCLING ♦
10:00 - 10:50
Bob (A&B)

**DANCE!
LINE DANCING** ♥
10:00 - 10:55
Cappie (C) ★**GS**

**FOREVER FIT /
CHAIR YOGA** ♥
11:00 - 11:55
Valerie (A&B) ★**GS**

TUESDAY

CYCLING ♦
6:00 - 6:50
Bob (A&B)

BARRE/PILATES
7:00 - 7:55
Sara (C)

WILLPOWER & GRACE
8:00 - 8:55
Sara (C)

TRX CIRCUIT
8:15 - 8:55
Mariya (A&B)

EXTREME FIT **NEW** ♥
9:00 - 9:55
Michelle G (A&B)

STEP
9:00 - 9:55
Cappie (C) **IA**

STROLLER JAM
9:30 - 10:30
Maggie (SHEPHERD
YMCA FIREHOUSE)

BALANCE ★**GS** ♥
10:00 - 10:25
Sallie (C)

STRENGTH
10:00 - 10:55
Cappie (A&B)

STRETCH ★**GS** ♥
10:30 - 10:55
Sallie (C)

FOAM ROLLER ★**GS**
11:00 - 11:45
Valerie (C)

DANCE! SPIRIT GROOVE
11:00 - 11:55
Melissa (A&B)

GENTLE YOGA
11:45 - 12:30
Valerie (C)

WEDNESDAY

EXTREME FIT
6:00 - 6:55
Lesley (A&B)

STRENGTH
6:00 - 6:55
Jo (C)

STRETCH/STRENGTH
7:00 - 7:55
David (C)

ZUMBA® **7+**
8:00 - 8:55
Eileen (A&B)

EXERCISE LITE ♥
9:00 - 9:50
Lesley (C) ★**GS**

CYCLING ♦
9:00 - 9:55
Sam (A&B)

GENTLE YOGA **7+**
10:00 - 10:55
Christine (C)

HIIT EXPRESS **7+**
10:00 - 10:25
Tanya (A&B)

CORE FIT **7+**
10:30 - 10:55
Tanya (A&B)

MEDITATION **7+**
11:00 - 11:45
Christine (C)

FOREVER FIT ♥
11:00 - 11:55
Sara (A&B) ★**GS**

THURSDAY

CYCLING ♦
6:00 - 6:50
Bob (A&B)

EXERCISE LITE ♥
7:00 - 7:55
Patty (A&B) ★**GS**

GENTLE YOGA **7+**
8:00 - 8:55
Brittany (C)

TRX / CIRCUIT
8:15 - 8:55
Mariya (A&B)

DANCE! HAPPY FEET
9:00 - 9:55
Megan (C)

STRENGTH
9:00 - 9:55
Michelle G (A&B)

STROLLER JAM **IA**
9:30 - 10:30
Maggie (FRONT ENT.)

HIIT
10:00 - 10:55
Cappie (A&B)

PRESCHOOL YOGA ★**GS**
10:45am - 11:15am
Maggie (C)
Ages to 5 w/Parent

YOGA / EXPRESS
11:00 - 11:25
Cappie (A&B)

PILATES
11:30 - 12:30
Jill (C)

FRIDAY

BODYPUMP®
6:00 - 6:55
Danielle (A&B)

EXERCISE LITE ♥
7:00 - 7:55
Patty (A&B) ★**GS**

PILATES
8:00 - 8:55
David (C)

CYCLING ♦
8:00 - 8:50
Judy (A&B)

ZUMBA® **7+**
9:00 - 9:55
Eileen (C)

CORE FIT
9:00 - 9:25
David (A&B)

STRENGTH
9:30 - 9:55
Michelle S. (A&B)

HI LO CARDIO
10:00 - 10:55
Michelle S. (A&B)

FOREVER FIT ♥
11:00 - 11:55
Christine (A&B) ★**GS**

SATURDAY

CYCLING ♦
7:15 - 8:10
Bob/Sam (A&B)

BODYPUMP® **7+**
8:30 - 9:25
Kylee (A&B)

ZUMBA® **7+**
8:30 - 9:25
Eileen (C)

EXTREME FIT
9:30 - 10:25
Lesley (A&B)

VINYASA YOGA **7+**
9:30 - 10:25
Sylvia C. (C)

STEP
10:30 - 11:25
Staff (A&B)

ZUMBA®
10:30 - 11:25
Ashley (C)

CORE FIT
11:30 - 11:55
Jeremy (WC)

SUNDAY

TRX ♦
8:00 - 8:25
Sam (A&B)

YOGA **7+**
8:30 - 9:25
Brittany (C)

CYCLING ♦
8:30 - 9:25
Sam (A&B)

TRX ♦
9:30 - 9:55
Sam (A&B)

HATHA YOGA ♥
9:30 - 11:15
David (C)

LOCATIONS: A&B - Studio A and B
 A - Studio A TEMP - Temporary Studio
 B - Studio B GYM - Basketball Gym
 C - Marion So Studio WC - Wellness Center

***Please arrive to class at scheduled time**

Schedule subject to change without prior notice

- 😊 **BABY FRIENDLY** Babies in stroller or carrier are allowed. No toddlers, please.
- 7+** **FAMILY FRIENDLY** Members 7+ with parent can actively participate in this class.
- ★ **GETTING STARTED** A great place to begin or restart your exercise program.
- IA** **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided.
- ♦ **PASS REQUIRED** Space is limited. Pick up a pass at the Welcome Center.
- ♥ **Y ACTIVE ADULTS** Activities designed for older adults.

SUPPORTIVE TITLES

INTRO = Learn basic techniques of format
EXPRESS = 25 minute class
 ** / ** = Indicates combo class

Group Ex Schedule





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAN MCKINNEY FAMILY YMCA GROUP EXERCISE SCHEDULE | APRIL 2018

AFTERNOON (PM)

MONDAY

BODYPUMP®
12:00 - 1:00
Steve (A&B) ◆

POWER YOGA
3:15 - 4:45
Melinda (C) [A]

STEP
5:00 - 5:55
Joanna (C)

BODYPUMP®
5:30 - 6:25
Felicia (A&B) ◆

BARRE/STRENGTH
6:00 - 6:55
Joanna (C)

ZUMBA® [7+]
6:35 - 7:30
Ashley (A&B)

CORE FIT
6:30 - 7:00
Bryce (WC)

TUESDAY

TAI CHI/INTRO ** ◆
1:00 - 1:55
Marla (C) [65]

HIIT CIRCUIT
5:00 - 5:55
Mariya (C) [A]

CYCLING
5:00 - 5:50
Gayle (A&B) ◆

**PILATES /
YOGA FUSION**
6:00 - 6:50
Mariya (C)

BODYCOMBAT
6:00 - 6:55
Aaron (A&B)

WEDNESDAY

POWER YOGA
3:30 - 5:00
Melinda (C) [A]

BODYPUMP®
5:30 - 6:25
Gayle (A&B) ◆

CORE FIT
6:30 - 7:00
Juan (WC) [65]

BARRE
6:30 - 7:25
Jessica (C)

POUND FIT®
6:35 - 7:30
Eileen (A&B) [7+]

THURSDAY

HIIT/TRX
5:00 - 5:55
Justin (A&B) [7+]

TRX
6:00 - 6:45
Justin (A&B) [7+]

CORE FIT
6:30 - 7:00
Bryce (WC)

RESTORATIVE YOGA
7:00 - 8:30
Christine (C)

FRIDAY

MEDITATION
12:00 - 12:45
Christine (A&B) [7+]

HATHA YOGA
12:00 - 1:15
Valerie Z. (C) [A]

POWER YOGA
5:45 - 7:15
Melinda (C)

SATURDAY

SUNDAY

TRY A SPECIALTY CLASS



GLIDE Monthly Sessions

Coached full body resistance workouts on a specialized machine that is capable of over 200 exercises. We offer three different formats to choose from: Glide Total Body, Glide Fusion, and Glide Circuit. Grab a brochure for more information.
30 & 60min classes available

SYNERGY Mon-Fri 8:30am & 9:05am

Coached group circuit training on the Synergy 360. Learn dynamic new exercises that will help you increase strength, build cardiovascular endurance and increase your metabolic rate. Class size is limited to four people so you will get individualized attention.
4 weeks: \$28 • 5 weeks: \$35

SPEED & AGILITY Tues 5:00pm • Sat 12:00pm

Designed for athletes of all sports, ages and abilities. Led by a Certified Strength and Conditioning Specialist will focus on injury prevention, first step quickness, explosive power and improving top speed!
\$40 for 4 sessions

Group Ex Schedule



ymca.org/lajolla

HOURS

FACILITY

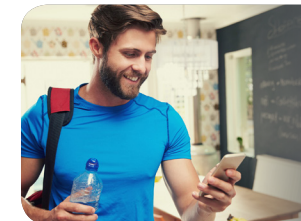
Monday - Thursday
5:00am - 10:00pm
Friday
5:00am - 9:00pm
Saturday/Sunday
7:00am - 6:00pm

CHILD WATCH

Monday - Thursday
8:00am - 1:00pm • 3:00-7:30pm
Friday
8:00am - 1:00pm • 3:00-5:00pm
Saturday/Sunday
8:00am - 1:00pm

ADVENTURE CENTER

Ages 6-12
Monday - Thursday
4:00pm - 7:30pm
Saturday
8:00am - 11:00am



Text
LJGROUPEX
to **84483**
to receive group
exercise changes and
monthly updates.