



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MISSION VALLEY YMCA GROUP EXERCISE SCHEDULE | JULY

MORNING

MONDAY

HIIT
5:30 - 6:25
Jason (S1) I/A

CYCLING
5:30 - 6:25
Sam C. (S2) ◆

POWER YOGA **NEW!**
6:00 - 6:55
Shoshannah (S4) ◆

HI-LOW CARDIO
7:00 - 7:55
Corrie (S1) ♥ ☺

QIGONG
7:00 - 7:55
Kathi (S4) ◆

CYCLING
7:00 - 7:55
Fred (S2) ◆

PILATES
8:00 - 8:55
Jill G. (S4) ◆

TRX®
8:25 - 9:20
Fred (S1) ◆ ☺

CYCLING
8:30 - 9:25
Marie (S2) ◆

ZUMBA® GOLD®
9:00 - 9:55
Pam (S4) ◆ ◆ ◆ **GS**

CARDIO BLAST
9:30 - 10:25
Amy (S1)

POWER YOGA
10:05 - 11:00
Deena (S4) ◆

STRENGTH
10:30 - 11:25
Maryann (S1) ☺

CYCLING
10:30-11:25
Kashmira (S2) ◆

HATHA YOGA
11:05 - 12:00
Colette (S4) ◆

ZUMBA
11:35 - 12:30
Hideko (S1) **7+** ☺

TUESDAY

EXTREME FIT
5:30 - 6:25
Kelly (S1) I/A

CYCLING
5:30 - 6:25
Steve (S2) ◆

BARRE
7:00 - 7:55
Maryann (S1)

CYCLING
7:00 - 7:55
Marty (S2) ◆

POWER YOGA
7:30 - 8:25
Deena (S4) ◆ I/A

STEP
8:00 - 8:35
Jill G. (S1) I/A

CYCLING
8:30 - 9:25
Joe (S2) ◆ **7+** **GS**

BOSU®
8:40 - 9:25
Jill G. (S1) ♥

HATHA YOGA
8:40 - 9:35
Sunje (S4) ◆

U-JAM FITNESS
9:30 - 10:25
Sam S. (S1) **7+**

HI-LOW CARDIO
9:40 - 10:35
Corrie (S4) ◆ ♥ ☺

CYCLING/INTRO
(First Tuesday
of the month only)
9:30-10:15
Chad (S2) ◆

BARRE/CORE FIT
10:30 - 11:25
Maryann (S1) ☺ **7+**

CYCLING
10:30-11:25
Jason (S2) ◆

FOREVER FIT
10:40 - 11:25
Jill D. (S4) ◆ ♥

STRETCH/STRENGTH
11:30 - 12:15
Jill D. (S1) ♥ ☺

WEDNESDAY

EXTREME FIT
5:30 - 6:25
Jason (S1) I/A

CYCLING
5:30 - 6:25
Melissa (S2) ◆

CARDIO BLAST
7:00 - 7:55
Corrie (S1) ♥ ☺

CYCLING
7:00 - 7:55
Nanette (S2) ◆

HATHA YOGA
7:30 - 8:25
Marguerite T. (S4) ◆

BODYPUMP®
8:15 - 9:20
Mat (S1) ◆

CYCLING
8:30 - 9:25
Marie (S2) ◆

HATHA YOGA
9:00 - 9:55
Colette (S4) ◆

BARRE
9:30 - 10:25
Jenn (S1)

STRENGTH
10:30 - 11:25
Maryann (S1) ☺

CYCLE/STRENGTH
10:30 - 11:15
Samantha (S2) ◆

HATHA YOGA **GS**
10:35 - 11:30
Laura H. (S4) ♥ ◆

TRX®
11:30 - 12:25
Chad (S1) ◆ ☺

PARKINSONS
11:40 - 12:35
Jeff (S4) ◆

THURSDAY

BODYPUMP®
5:30 - 6:25
Nanette (S1) ◆

CYCLING
5:30 - 6:25
Fred (S2) ◆

CYCLING
7:00 - 7:55
Sara (S2) ◆

POWER YOGA
7:30 - 8:25
Deena (S4) ◆ I/A

STEP
8:00 - 8:35
Jill G. (S1) I/A

HATHA YOGA
8:30 - 9:25
Marguerite T. (S4) ◆

BOSU®
8:40 - 9:25
Jill G. (S1) ♥

EXERCISE LITE ♥
9:30 - 10:25
Amy (S1) ☺ **7+** **GS**

BARRE
9:30 - 10:25
Maryann (S4) ◆

TRX® **7+**
10:30 - 11:25
Jenna (S1) ◆ ☺

CYCLING
10:30 - 11:25
Samantha (S2) ◆

FOREVER FIT
10:40 - 11:25
Jill D. (S4) ◆ ♥

STRETCH/STRENGTH
11:30 - 12:15
Jill D. (S1) ♥ ☺

HATHA YOGA
11:35 - 12:45
Colette (S4) ◆

FRIDAY

PILATES
5:30 - 6:25
Nanette (S1) I/A

CYCLING
7:00 - 7:55
Marie (S2) ◆

HI-LOW CARDIO
7:00 - 7:55
Corrie (S1) ♥ ☺

HATHA YOGA
7:30 - 8:25
Laura (S4) ◆

BODYPUMP®
8:25 - 9:25
Marie (S1) ◆

CYCLING
8:30 - 9:25
Marty (S2) ◆

STRETCH/HATHA
8:30 - 9:25
Dinah (S4) ◆

BARRE
9:40 - 10:35
Jenn (S1)

CYCLE/STRENGTH
10:30 - 11:15
Chad (S2) ◆

ZUMBA® **7+**
10:40 - 11:35
Thomas (S1) ☺

GENTLE YOGA ♥
10:40 - 11:35
Marguerite B. (S4) ◆ **GS**

PARKINSONS
11:40 - 12:35
Pam (S1)

PILATES
11:40 - 12:35
Lesley (S4) ◆

SATURDAY

STRETCH
7:15 - 8:25
Dinah (S4) ◆

BODYCOMBAT®
7:20 - 8:15
Jenna/Joanne (S1) ◆

CYCLING
7:30 - 8:25
Chris (S2) ◆

EXERCISE LITE
8:30 - 9:25
Jill D. (S1) ♥ **GS**

CYCLING
9:00 - 9:55
David (S2) **7+** ◆

ZUMBA®
9:35 - 10:30
Lachele (S1)

CYCLING
10:30 - 11:25
Wes (S2) ◆

BODYPUMP®
10:45 - 11:50
Tracy (S1) ◆

HATHA/STRETCH
11:00 - 12:10
Banoo (S4) ◆

SUNDAY

TAI CHI
8:00 - 8:55
Henry (S1)

HATHA YOGA
8:30 - 9:25
Dinah (S4) ◆

HI-LOW CARDIO
9:00 - 9:50
Robin (S1)

CYCLING
9:30 - 10:40
David (S2) ◆

GENTLE YOGA
9:35 - 10:30
Katie (S4) ♥ ◆ **GS**

BODYPUMP®
10:00 - 11:00
Robin (S1) ◆

PILATES
10:40 - 11:35
Claire (S4) ◆

DANCE! SPIRIT GROOVE
11:15 - 12:15
Sue (S1) ♥ **7+**

CORE FIT
11:40 - 12:10
Claire (S4) ◆ I/A

◆ **PASS REQUIRED** Space is limited. Passes available 30 min. before class at the Welcome Center

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

7+ **7+** Formerly Family Friendly. Children ages 7-12 and parent/guardian must actively participate together. OR, min. age denoted.

♥ **Y ACTIVE ADULTS** Activities designed for older adults (50+)

★ **GETTING STARTED** A great place to begin or restart your exercise program

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

LOCATIONS:
(S1) Studio 1 (S2) Studio 2
(S4) Studio 4



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MISSION VALLEY YMCA GROUP EXERCISE SCHEDULE | JULY

AFTERNOON/EVENING

MONDAY

BODYPUMP®
12:35-1:30
Chad (S1) ◆

**PARKINSONS/
ARTHRITIS**
12:05 - 1:00
Amy (S4) ◆

VINYASA YOGA
4:00 - 4:55
Marguerite B. (S4) ◆

TRX®
4:30 - 5:25
Maryann (S1) ◆ ☺

POWER YOGA
5:05 - 6:00
Chelsi (S4) ◆ I/A

BODYPUMP®
5:30 - 6:25
Mariah (S1) ◆

CYCLING
5:30 - 6:25
J.R. (S2) ◆

BARRE
6:05 - 7:00
Alicia (S4) ◆

ZUMBA®
6:35 - 7:30
Andrea (S1) ◆

PILATES
7:05 - 8:00
Jen (S4) ◆

TUESDAY

TAI CHI
11:40 - 12:35
Kathi (S4) ◆

CYCLING
12:00 - 12:45
Joe (S2) 7+ ◆

**POSTURE
PERFORMANCE**
12:40 - 1:35
Jeff (S4) ♥ ◆

GENTLE YOGA
1:45 - 2:40
Banoo (S4) ♥ ◆

ADAPTIVE YOGA
4:45 - 5:40
Dinah (S4) ♥ ◆

BODYCOMBAT®
5:30 - 6:25
Joanne (S1) ◆

CYCLING
5:30 - 6:25
Ray (S2) ◆

POWER YOGA
5:50 - 6:45
Christina (S4) ◆ I/A

BODYPUMP®
6:30 - 7:25
Joanne (S1) ◆

STRETCH
6:55 - 7:50
Dinah (S4) ◆

WEDNESDAY

**DANCE! SPIRIT
GROOVE**
12:30 - 1:30
Sue (S1) ♥ 7+ ◆

BALANCE
1:00 - 1:45
Bernadette (S4) ♥ ◆

HATHA YOGA
2:45 - 3:40
Lesley (S4) ◆

VINYASA YOGA
4:00 - 4:55
Marguerite B. (S4) ◆

BODYPUMP®
4:15 - 5:10
Marie (S1) ◆ ☺

PILATES
5:00 - 5:55
Jen (S4) ◆

BODYCOMBAT®
5:30 - 6:25
Robin (S1) ◆

CYCLING
5:30 - 6:25
Harini (S2) 7+ ◆

ZUMBA®
6:35 - 7:30
Jane (S1) 7+ ◆

GENTLE YOGA ♥
7:00 - 7:55
Marguerite B. (S4) ◆

THURSDAY

**POSTURE
PERFORMANCE**
12:30 - 1:25
Jeff (S1) ♥ ◆

GENTLE YOGA
2:00 - 3:10
Banoo (S4) ♥ ◆

HATHA YOGA ♥
3:30 - 4:25
Banoo (S4) ◆ I/A

BODYCOMBAT®
4:30 - 5:25
Jenna (S1) ◆

TAI CHI
4:30 - 5:25
Henry (S4) ◆

BODYPUMP®
5:30 - 6:25
Jenna (S1) ◆

HATHA YOGA
5:35 - 6:30
David (S4) ◆

CYCLING
6:00 - 6:55
Wes (S2) ◆

BARRE/CORE FIT
6:35 - 7:30
Shauna (S4) ◆

ZUMBA®
6:35 - 7:30
Miriam (S1) 7+ ◆

STRETCH
7:35 - 8:30
Dinah (S4) ♥ ◆

FRIDAY

HATHA YOGA
12:40 - 1:35
Lesley (S4) ◆

BALANCE
1:00 - 1:45
Bernadette (S1) ♥

ADAPTIVE YOGA
2:50 - 3:45
Dinah (S4) ♥ ◆

POWER YOGA
4:30 - 5:25
Deena (S4) ◆

ZUMBA®
5:05 - 6:00
Pam (S1) ☺ 7+ ◆

PILATES
5:30 - 6:25
Deena (S4) ◆

BODYPUMP®
6:15 - 7:10
Joanne (S1) ◆

STRETCH
6:30 - 7:40
Robin (S4) ◆

SATURDAY

ZUMBA®
12:00 - 12:55
Lachele (S1) ☺ 7+ ◆

HATHA YOGA
12:20 - 1:30
Banoo (S4) ◆ I/A

KUNDALINI YOGA
1:35 - 2:45
Banoo (S4) ◆

SUNDAY

FOAM ROLLER
12:15 - 12:45
Claire (S4) ◆

ZUMBA®
12:30 - 1:25
Pam (S1) ☺ 7+ ◆

ZUMBA®
4:00 - 4:55
Lachele (S1) ☺ 7+ ◆

MONTHLY UPDATES:

- **WEDNESDAY, JULY 4** - Facility hours will be 7:00am-2:00pm in observance of Independence Day. Child Watch will be closed and the pool will close at 1:00pm
- **BODYPUMP RELEASE** - August 3 - 5
- **BODYCOMBAT RELEASE** - August 5

REMINDERS:

- All schedules are subject to change.
- For class descriptions & levels see class description flier at the Welcome Center.
- For substitutions/alternate instructors, check ymca.org/missionvalley
- Shaded classes are under review.
- No cell phone use allowed in studios.
- **NOTE:** Please do not enter studios after class begins.

HOURS OF OPERATION

Mon. - Thu.	4:30 a.m. - 10:30 p.m.
Friday	4:30 a.m. - 9:30 p.m.
Saturday	6:00 a.m. - 8:00 p.m.
Sunday	6:30 a.m. - 7:00 p.m.

NOT SURE WHAT CLASS TO TRY?

Ask for a class description sheet at the Welcome Center or visit ymca.org/missionvalley

5505 Friars Road
San Diego, CA 92110
619-298-3576

ymca.org/missionvalley