



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MISSION VALLEY YMCA GROUP EXERCISE SCHEDULE | SEPTEMBER

MORNING

MONDAY

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

CYCLING
5:30 - 6:25
Sam C. (S2) ◆

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 (NEW!)
10:30 - 11:25
Laura B. (S1) ☺

HATHA YOGA (7+)
11:05 - 12:00
Colette (S4) ◆

ZUMBA
11:35 - 12:30
Sachiko/Hideko (S1) ☺

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) ◆ ♥ ☺

PILATES
10:30 - 11:25
Maryann (S1) ☺ 7+

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

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

TAI CHI
11:40 - 12:35
Kathi (S4) ◆

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
Kashmira (S2) ◆

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

BODYPUMP (NEW!)
8:15 - 9:20
Shayna (S1) ◆

CYCLING
8:30 - 9:25
Marie (S2) ◆

HATHA YOGA
9:00 - 9:55
Colette (S4) ◆

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

STRENGTH ★ GS
10:30 - 11:25
Maryann (S1) ☺ ♥

CYCLING/INTRO
(First Wednesday of the month only)
10:30 - 11:15
Joe (S2) ◆

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

TRX
11:30 - 12:25
Chad (S1) ◆ ☺

PARKINSONS
11:40 - 12:35
Jeff (S4) ◆

THURSDAY

BODYPUMP (NEW!)
5:30 - 6:25
Brian (S1) ◆

CYCLING
5:30 - 6:25
Fred (S2) ◆

CYCLING (NEW!)
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
Maryann (S1) ◆ ☺

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) ♥ ☺

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) ◆

HATHA YOGA
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
Joanne/Jenna (S1)

CYCLING
7:30 - 8:25
Chris (S2) ◆

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

CYCLING
9:00 - 9:55
Don/David (S2) ◆

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



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MISSION VALLEY YMCA GROUP EXERCISE SCHEDULE | SEPTEMBER

AFTERNOON/EVENING

MONDAY

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

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

TRX (NEW)
4:30 - 5:25
Jenna (S1) ◆ ☺

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

BODYPUMP
5:30 - 6:25
Rebecca (S1) ◆

CYCLING
5:30 - 6:25
J.R. (S2) ◆

BARRE
6:05 - 7:00
Rachel (S4) ◆

ZUMBA
6:35 - 7:30
Andrea (S1)

PILATES
7:05 - 8:00
Jen (S4) ◆

TUESDAY

CYCLING
12:00 - 12:45
Joe (S2) ◆

EXTREME FIT
12:30 - 1:25
Kong (S1) 7+ ☺ I/A

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

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

EXERCISE LITE ♥
4:00 - 4:55
Jill D. (S1) ☺ 7+ GS

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
Amy (S1)

CYCLING
5:30 - 6:25
Harini (S2) ◆

FAMILY YOGA GS
6:00 - 6:45
Christine (S4) ◆ ☺ 5+

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) ♥ ◆

EXERCISE LITE
3:30 - 4:25
Jill D. (S1) ☺ 7+ GS

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
6:35 - 7:30
Jacqueline (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
12:15 - 1:25
Banoo (S4) ◆ I/A

KUNDALINI YOGA
1:30 - 2:40
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:

- **MONDAY, SEPTEMBER 4:** Facility opens at 7 a.m. and closes at 2 p.m. in observance of Labor Day. (MODIFIED GROUP EXERCISE SCHEDULE)

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.
- **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

REVISED 8/28/17