



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MISSION VALLEY YMCA GROUP EXERCISE SCHEDULE | FEBRUARY

MORNING

MONDAY	HIIT 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 10:30 - 11:25 Maryann (S1) ☺
HATHA YOGA 11:05 - 12:00 Colette (S4) ◆ 7+	
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) ◆ ♥ ☺
	CYCLING/INTRO NEW! (First Tuesday of the month only) 10:00-10:45 Joe (S2) ◆
BARRE/CORE FIT 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® 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 10:30 - 11:25 Maryann (S1) ☺
	CYCLE/STRENGTH NEW! 10:30 - 11:15 Sam (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 Jen R. (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® 10:30 - 11:25 Jenna (S1) ◆ ☺ 7+
	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) ◆
	HATHA YOGA 8:30 - 9:25 Dinah (S4) ◆
	BARRE 9:40 - 10:35 Jenn (S1)
	CYCLE/STRENGTH 10:30 - 11:15 Chad (S2) ◆
	ZUMBA® 10:40 - 11:35 Thomas (S1) ☺ 7+
	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 (S1) ◆
	CYCLING 7:30 - 8:25 Chris (S2) ◆
	EXERCISE LITE 8:30 - 9:25 Jill D. (S1) ♥ ★ GS
	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



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MISSION VALLEY YMCA GROUP EXERCISE SCHEDULE | FEBRUARY

AFTERNOON/EVENING

MONDAY

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

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
Robin (S1) ◆

CYCLING
5:30 - 6:25
Ray (S2) ◆

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

BODYPUMP®
6:30 - 7:25
Robin (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) ◆

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/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
Mariah (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:

- Sunday, February 4: Y Run Club, 9 a.m. (First Sunday of each month.)
- Friday, February 9: Classes after 12 p.m. cancelled in Studio 1 for Bike-A-Thon.
- Saturday, February 10: All classes cancelled in Studio 1 and Studio 2 for Bike-A-Thon.
- Saturday, February 24: Classes cancelled in Studio 1 for Gospel Zumba.

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.



Ask your cycle instructor for more information today!

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