



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MISSION VALLEY YMCA GROUP EXERCISE SCHEDULE | OCTOBER

## 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**  
10:30 - 11:25  
Maryann (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**  
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**  
5:30 - 6:25  
Brian (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  
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** I/A  
11:40 - 12:10  
Claire (S4) ◆

◆ **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 | OCTOBER

## 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** **NEW!**  
5:30 - 6:25  
Mariah (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) ◆

**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** **NEW!**  
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**  
12:15 - 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:

- OCTOBER 2-8: In support of Breast Cancer Awareness Month in October, we invite everyone to wear your liveliest pink to our group exercise classes.
- OCTOBER 6-8: LesMills BODYPUMP 103 and BODYCOMBAT 73 launch.

### 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](http://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](http://ymca.org/missionvalley)

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

[ymca.org/missionvalley](http://ymca.org/missionvalley)



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