

Mission Valley YMCA



Group Exercise Class Instructor Substitutes

Week of 7/11/18 – 7/16/18

7/10/18	Tuesday	5:30p	Cycle	Wes
7/10/18	Tuesday	5:50p	Power Yoga	Shoshannah
7/11/18	Wednesday	7:00a	Cardio Blast	Maryann
7/11/18	Wednesday	7:00a	Cycle	Chad
7/11/18	Wednesday	8:15a	Body Pump	Robin
7/11/18	Wednesday	5:00P	Pilates	Shoshannah
7/12/18	Thursday	7:00a	Cycle	Nanette
7/12/18	Thursday	6:35p	Zumba	Amy
7/12/18	Thursday	6:35p	Barre/Core	Shoshannah
7/14/18	Saturday	7:20a	Body Combat	Jenna
7/14/18	Saturday	8:30a	Zumba Gold	Jane
7/15/18	Sunday	12:30p	Zumba	Andrea
7/16/18	Monday	9:00a	Zumba Gold	Andrea
7/16/18	Monday	5:05p	Power Yoga	Kimberly
7/16/18	Monday	7:05p	Pilates	Deborah