

Mission Valley YMCA



Group Exercise Class Instructor Substitutes

Week of 8/30/2018 – 8/31/2018

8/30/18	Thursday	9:30a	Ex Lite	Jill D
8/31/18	Friday	5:30a	Pilates	Jacqueline
8/31/18	Friday	10:40a	Gentle Yoga	Dinah
8/31/18	Friday	6:30p	Stretch	Cancelled

Week of 9/1/2018 – 8/31/2018

9/2/18	Sunday	9:00a	Hi/Lo	Joanne
9/2/18	Sunday	10:00a	Body Pump	Joanne
9/5/18	Wednesday	5:00p	Pilates	Shoshanna
9/7/18	Friday	10:40a	U-Jam	Renelynne

Modified Group Schedule for Labor Day September 3rd

Facility Open from 7a to 2p

9/3/18	Monday	7:30a	Cycle	Marie
9/3/18	Monday	8:00a	Body Pump	Jenna
9/3/18	Monday	8:00a	Pilates	Jill G
9/3/18	Monday	9:05a	Zumba	Andrea
9/3/18	Monday	9:00a	Power Yoga	Shoshanna
9/3/18	Monday	9:30a	Cycle	Kashmira
9/3/18	Monday	10:05a	Zumba	Pam