



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOE & MARY MOTTINO FAMILY YMCA GROUP EXERCISE SCHEDULE | APRIL 2018

MORNING

MONDAY

AQUA FIT
7:00 - 7:50
Melissa (POOL) ♥ **GS**

HATHA YOGA
8:00 - 8:50
Amy (GER B)

CIRCUIT
8:15 - 9:05
Sarah (FIELD) **I/A**

STEP
9:15 - 10:10
Lori (GER A) **I/A**

CYCLING
9:15 - 10:05
Whitney (GER B) **I/A**

EXERCISE LITE
10:30 - 11:20
Alexis (GER A) ♥ **GS**

AQUA FIT
11:00 - 11:50
Sandy (POOL) ♥ **GS**

CARDIO BLAST
11:30 - 12:20
Lori (GER A) **I/A**

FOREVER FIT
11:30 - 12:20
Christa (GER B) ♥ **GS**

TUESDAY

HATHA YOGA
8:00 - 8:50
Christa (GER B)

AQUA FIT
8:00 - 8:50
Marylou (POOL) ♥ **GS**

BODYPUMP®
8:15 - 9:10
Margaret (GER A)

CARDIO BLAST
9:15 - 10:05
Jessica (GER A) **I/A**

HATHA YOGA
9:15 - 10:05
Alexis (GER B)

BARRE
10:15 - 11:05
Margaret (GER A)

TRX®
10:15 - 10:45
Alexis (MPR A)

FOREVER FIT
10:30 - 11:20
Sarah (GER B) ♥ **GS**

AQUA FIT
11:00 - 11:50
Alexis (POOL) ♥ **GS**

ZUMBA® (Gold)
11:30 - 12:20
Djana (GER A)

CHAIR YOGA
11:30 - 12:20
Marylou (GER B) ♥ **GS**

WEDNESDAY

AQUA FIT
7:00 - 7:50
Kathi K. (POOL) ♥ **GS**

HATHA YOGA
8:15 - 9:05
Sylvi (GER B)

EXTREME FIT
8:15 - 9:05
Jessica (GER A) **I/A**

BODYPUMP®
9:15 - 10:10
Jessica (GER A)

CYCLING
9:15 - 10:05
Susie (GER B) **I/A**

**DRUMS ALIVE
GOLDEN BEATS®**
10:30 - 11:20
Alexis (GER A) ♥ **GS**

AQUA FIT
11:00 - 11:50
Melissa (POOL) ♥ **GS**

STRENGTH
11:30 - 12:20
Alexis (GER A)

THURSDAY

CYCLING
5:30 - 6:20
Susie (GER B) **I/A**

ZUMBA®
8:15 - 9:05
Gilbert (GER A)

AQUA FIT
8:00 - 8:50
Marylou (POOL) ♥ **GS**

PILATES
8:15 - 9:05
Susie (GER B) **I/A**

CARDIO BLAST
9:15 - 10:05
Lori (GER A)

VINYASA YOGA
10:15 - 11:10
Amy (GER A)

TRX®
10:15 - 10:45
Sarah (MPR A) **I/A**

ARTHRITIS
10:30 - 11:20
Alexis (GER B) ♥ **GS**

AQUA FIT
11:00 - 11:50
Melissa (POOL)

BODYPUMP®
11:30 - 12:25
Lori (GER A)

CHAIR YOGA
11:30 - 12:20
Alexis (GER B) ♥ **GS**

FRIDAY

AQUA FIT
7:00 - 7:50
Pam (POOL) ♥ **GS**

HATHA YOGA
8:00 - 8:50
Christa (GER B)

TRX®
8:15 - 9:00
Whitney (MPR A) **I/A**

CIRCUIT
8:15 - 9:05
Sarah (FIELD) **I/A**

TURBO KICK®
9:15 - 10:05
Kristen (GER A) **I/A**

CYCLING
9:15 - 10:05
Kathi T. (GER B)

BODYPUMP®
10:30 - 11:25
Margaret (GER A)

FOREVER FIT
10:30 - 11:20
Alexis (GER B) ♥ **GS**

AQUA FIT
11:00 - 11:50
Sandy (POOL) ♥ **GS**

CX WORX
11:45 - 12:15
Margaret (GER A)

SATURDAY

STEP
8:00 - 8:50
Teresa (GER A)

CYCLING
8:15 - 9:05
Patrice (GER B) **7+** **I/A**

AQUA FIT
8:00 - 8:50
Velia (POOL) ♥ **GS**

TRX®
8:30 - 9:00
Jim (MPR A) **GS**

AQUA YOGA
9:00 - 9:30
Velia (POOL)

TURBO KICK®
9:00 - 9:50
Kristen (GER A) **I/A**

HATHA YOGA
9:15 - 10:05
Sylvi/Amy (GER B) **GS**

BODYPUMP®
10:00 - 10:55
Margaret (GER A)

HATHA YOGA
10:15 - 11:05
Sylvi/Amy (GER B) **7+**

CX WORX
11:15 - 11:45
Margaret (GER A)

NEW New Classes added to the Y.

5+ Children ages 5-12 and parent/guardian must actively participate together.

7+ Formerly Family Friendly. Children ages 7-12 and parent/guardian must actively participate together.

♥ **Y ACTIVE ADULTS** Activities designed for older adults.

★ **GETTING STARTED** A great place to begin or restart your exercise program.

I/A **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided.

LOCATIONS:

(GER A) Group Exercise Room A
(GER B) Group Exercise Room B
(MPR A) Multi-Purpose Room A
(POOL) Outdoor Pool
(FIELD) Side Lawn

FOR MORE INFORMATION ON GROUP EXERCISE CLASSES:
Sarah Oglesby • 760-758-0808 ext.14024 • soglesby@ymca.org



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AFTERNOON

MONDAY

BODYPUMP®
4:15 - 5:10
Margaret (GER A) I/A

CX WORX
5:30 - 6:00
Margaret (GER A)

CYCLING
5:30 - 6:20
Teresa (GER B) 7+ I/A

TRX®
6:00 - 6:30
Sarah (MPR A) 6S

ZUMBA®
6:30 - 7:20
Gilbert (GER A) 7+

VINYASA YOGA
6:45 - 7:35
Patrice (GER B) 6S 7+

TUESDAY

TURBO KICK®
4:15 - 5:05
Kristen (GER A) I/A

BODYPUMP®
5:30 - 6:25
Alexis (GER A) I/A

DANCE! FAMILY
5:30 - 6:15
Cali (GER B) 5+

EXTREME FIT
6:30 - 7:20
Victoria (GER A) NEW I/A

CYCLING
6:30 - 7:20
Kathi T. (GER B) 7+ I/A

WEDNESDAY

BODYPUMP®
4:15 - 5:10
Margaret (GER A)

ZUMBA®
5:30 - 6:20
Patrice (GER A) 6S 7+

CX WORX
5:30 - 6:00
Margaret (MPRA)

TRX®
6:00 - 6:30
Margaret (MPR A) 7+

HATHA YOGA
6:30 - 7:20
Alexis (GER A) ♥ 6S 7+

THURSDAY

STEP
5:30 - 6:20
Teresa (GER A)

CYCLING
6:30 - 7:20
Kathi T (GER B) 7+ I/A

FRIDAY

BARRE
4:15 - 5:05
Margaret (GER A)

HATHA YOGA
6:00 - 6:50
Patrice (GER A) 7+

MONTHLY UPDATES:

- **Join One, Join All:** All YMCA members have access to all 17 locations in San Diego County! For more information, visit mottino.ymca.org!

REMINDERS:

- Schedule subject to change without prior notice.
- Please check website for most up-to-date information and subs.
- For class descriptions and levels see class description flier at the Welcome Center.
- Please do not enter studio after class has begun.

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