



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

MORNING

DAY	CLASS	TIME	INSTRUCTOR	LEVEL	NOTES	
MONDAY	AQUA FIT	7:00 - 7:50	Pam (POOL)	GS	Heart icon	
	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	Heart icon	
	AQUA FIT	11:00 - 11:50	Sandy (POOL)	GS	Heart icon	
	CARDIO BLAST	11:30 - 12:20	Lori (GER A)	I/A		
	FOREVER FIT	11:30 - 12:20	Christa (GER B)	GS	Heart icon	
	TUESDAY	HATHA YOGA	8:00 - 8:50	Christa (GER B)		
AQUA FIT		8:00 - 8:50	Melissa (POOL)	GS	Heart icon	
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	Heart icon	
AQUA FIT		11:00 - 11:50	Melissa (POOL)	GS	Heart icon	
CHAIR YOGA		11:30 - 12:20	Rachel (GER B)	GS	Heart icon	
WEDNESDAY	AQUA FIT	7:00 - 7:50	Pam (POOL)	GS	Heart icon	
	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	Heart icon	
	AQUA FIT	11:00 - 11:50	Melissa (POOL)	GS	Heart icon	
	STRENGTH/CORE	11:30 - 12:20	Alexis (GER A)	NEW		
	THURSDAY	CYCLING	5:30 - 6:20	Susie (GER B)	I/A	
		YOGA FLOW	8:15 - 9:05	Rachel (GER A)		
AQUA FIT		8:00 - 8:50	Melissa (POOL)	GS	Heart icon	
PILATES		8:15 - 9:05	Susie (GER B)	I/A		
CARDIO BLAST		9:15 - 10:05	Lori (GER A)	I/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	Heart icon	
AQUA FIT		11:00 - 11:50	Melissa (POOL)			
BODYPUMP®		11:30 - 12:25	Lori (GER A)			
FRIDAY	AQUA FIT	7:00 - 7:50	Pam (POOL)	GS	Heart icon	
	HATHA YOGA	8:00 - 8:50	Christa (GER B)			
	TRX®	8:15 - 9:00	Susie (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	Heart icon	
	AQUA FIT	11:00 - 11:50	Sandy (POOL)	GS	Heart icon	
	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	Heart icon	
	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+** 5+ Children ages 5-12 and parent/guardian must actively participate together.
- 7+** 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.
- 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:
Chad Matkowski • 760-758-0808 ext.14082 • cmatkowski@ymca.org



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AFTERNOON

MONDAY

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

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

- CYCLING**
5:30 - 6:20
Teresa (GER B)

- TRX®**
6:00 - 6:30
Sarah (MPR A)

- ZUMBA®**
6:30 - 7:20
Gilbert (GER A)

TUESDAY

- YOGA FLOW**
4:15 - 5:05
Rachel (GER A)

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

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

- EXTREME FIT**
6:30 - 7:20
Victoria (GER A)

- CYCLING**
6:30 - 7:20
Kathi T. (GER B)

WEDNESDAY

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

- ZUMBA®**
5:30 - 6:20
Patrice (GER A)

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

- TRX®**
6:00 - 6:30
Margaret (MPR A)

- HATHA YOGA**
6:30 - 7:20
Alexis (GER A)

- AQUA AEROBICS**
6:30 - 7:20
Melissa (POOL)

THURSDAY

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

- CYCLING**
6:30 - 7:20
Kathi T (GER B)

FRIDAY

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

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

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.
- For class descriptions and levels see class description flier at the Welcome Center.
- Please do not enter studio after class has begun.
- Sign up for text updates to your phone at our front desk.

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