



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JOE & MARY MOTTINO FAMILY YMCA GROUP EXERCISE SCHEDULE | OCTOBER 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	Susie (GER B)	I/A	
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	Gilbert (GER A)	I/A	
	HATHA YOGA	9:15 - 10:05	Alexis (GER B)		
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	Susie (GER A)	I/A	
	BODYPUMP®	9:15 - 10:10	Vince (GER A)		
	CYCLING	9:15 - 10:05	Susie (GER B)	I/A	
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	
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	
SATURDAY	STEP	8:00 - 8:50	Teresa (GER A)		
	CYCLING	8:15 - 9:05	Vincent (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)		
MONDAY	TURBO KICK®	9:00 - 9:50	Kristen (GER A)	I/A	
	VINYASA YOGA	9:15 - 10:05	Sylvi/Amy (GER B)		
	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)		
TUESDAY	BARRE FUSION	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	DRUMS ALIVE GOLDEN BEATS®	10:30 - 11:20	Alexis (GER A)	GS	Heart icon
	YOGA FLOW	10:30 - 11:30	Rachel (GER B)		
	AQUA FIT	11:00 - 11:50	Melissa (POOL)	GS	Heart icon
	STRENGTH/CORE	11:30 - 12:20	Alexis (GER A)		
	THURSDAY	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	HIIT	9:15 - 10:05	Julie (MPR A)	NEW	
	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	CHAIR YOGA	11:30 - 12:20	Alexis (GER B)	GS	Heart icon

**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) 7+ I/A
- TRX®**  
6:00 - 6:30  
Sarah (MPR A) GS
- ZUMBA®**  
6:30 - 7:20  
Gilbert (GER A) 7+

TUESDAY

- YOGA FLOW**  
4:15 - 5:05  
Rachel (GER A)
- BODYPUMP®**  
5:30 - 6:25  
Alexis (GER A)
- DANCE! FAMILY**  
5:30 - 6:15  
Victoria (GER B) 5+
- EXTREME FIT**  
6:30 - 7:20  
Victoria (GER A) I/A
- CYCLING**  
6:30 - 7:20  
Subs (GER B) 7+ I/A

WEDNESDAY

- BODYPUMP®**  
4:15 - 5:10  
Margaret (GER A)
- ZUMBA®**  
5:30 - 6:20  
Gilbert (GER A) GS 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) ♥ GS 7+

THURSDAY

- STEP**  
5:30 - 6:20  
Teresa (GER A)
- CYCLING**  
6:30 - 7:20  
Subs (GER B) 7+ I/A
- EXTREME FIT**  
6:30 - 7:20  
Victoria (GER A)

FRIDAY

- BARRE FUSION**  
4:15 - 5:05  
Margaret (GER A)
- CARDIO BLAST**  
5:30 - 6:20  
Carmen (GER A) NEW

## 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](http://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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