



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JOE & MARY MOTTINO FAMILY YMCA GROUP EXERCISE SCHEDULE | SEPTEMBER 2018

## MORNING

DAY	CLASS	TIME	INSTRUCTOR	LEVEL	NOTES
MONDAY	AQUA FIT	7:00 - 7:50	Pam (POOL)	I/A	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	Susie (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	Melissa (POOL)		GS
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)		
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
AQUA FIT		11:00 - 11:50	Melissa (POOL)		GS
CHAIR YOGA		11:30 - 12:20	Rachel (GER B)		GS
WEDNESDAY	AQUA FIT	7:00 - 7:50	Pam (POOL)		GS
	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	
	DRUMS ALIVE GOLDEN BEATS®	10:30 - 11:20	Alexis (GER A)		GS
	YOGA FLOW	10:30 - 11:30	Rachel (GER B)		NEW
	AQUA FIT	11:00 - 11:50	Melissa (POOL)		GS
	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
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
AQUA FIT		11:00 - 11:50	Melissa (POOL)		
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	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	Susie (GER B)		
	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
	AQUA FIT	11:00 - 11:50	Sandy (POOL)		GS
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	
	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)		

FOR MORE INFORMATION ON GROUP EXERCISE CLASSES:  
Chad Matkowski • 760-758-0808 ext.14082 • cmatkowski@ymca.org

### 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

- 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.



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# JOE & MARY MOTTINO FAMILY YMCA GROUP EXERCISE SCHEDULE | SEPTEMBER 2018

AFTERNOON

MONDAY

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

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

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

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- TRX®**  
6:00 - 6:30  
Sarah (MPR A)

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

TUESDAY

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

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

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

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

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

WEDNESDAY

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

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

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

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- TRX®**  
6:00 - 6:30  
Margaret (MPR A)

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

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

THURSDAY

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

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

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

FRIDAY

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

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- 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](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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