



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOE & MARY MOTTINO FAMILY YMCA GROUP EXERCISE SCHEDULE | JANUARY 2019

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	Kathy (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	Jessica (GER A)	I/A	
	GENTLE YOGA	9:15 - 10:05	Alexis (GER B)	NEW GS	
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	
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	Vince (GER B)	7+ I/A	
	AQUA FIT	8:00 - 8:50	Pam (POOL)	GS	Heart icon
	TRX®	8:30 - 9:00	Jim (MPR A)	GS	
	AQUA YOGA	9:00 - 9:30	Pam (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
	GENTLE YOGA	10:30 - 11:30	Rachel (GER B)	GS	
	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)	I/A	
	BODYPUMP®	10:15 - 11:10	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	11:30 - 12:00	Margaret (GER A)	NEW	
SATURDAY	CHAIR YOGA	11:30 - 12:20	Rachel (GER B)	GS	Heart icon

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.
- 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:
 Susie Ferrer • 760-758-0808 ext.14024 • sferrer@ymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOE & MARY MOTTINO FAMILY YMCA GROUP EXERCISE SCHEDULE | JANUARY 2019

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)

YOGA FLOW
7:00 - 7:50
Victoria (GER B)

TUESDAY

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

BODYPUMP®
5:30 - 6:25
Alexis (GER A)

FAMILY FUN!
5:30 - 6:15
Victoria (GER B)

CIRCUIT
6:30 - 7:20
Victoria (GER A)

CYCLING
6:30 - 7:20
Kathy (GER B)

WEDNESDAY

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

ZUMBA®
5:30 - 6:20
Gilbert (GER A)

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

TRX®
6:00 - 6:30
Margaret (MPR A)

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

THURSDAY

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

CYCLING
6:30 - 7:20
Kathy (GER B)

CIRCUIT
6:30 - 7:20
Victoria (GER A)

FRIDAY

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

PILATES
5:30 - 6:20
Carmen (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.

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.

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:
Susie Ferrer • 760-758-0808 ext.14024 • sferrer@ymca.org