



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

MORNING

DAY	CLASS	TIME	INSTRUCTOR	LEVEL	HEALTHY LIVING	
MONDAY	AQUA FIT	7:00 - 7:50	Pam (POOL)	6S	♥	
	HATHA YOGA	8:00 - 8:50	Amy (GER B)			
	CIRCUIT	8:15 - 9:05	Sarah (FIELD)	10+		
	STEP	9:15 - 10:10	Lori (GER A)			
	CYCLE/CORE	9:15 - 10:05	Kathy (GER B)	7+		
TUESDAY	HATHA YOGA	8:00 - 8:50	Christa (GER B)			
	AQUA FIT	8:00 - 8:50	Melissa (POOL)	6S	♥	
	BODYPUMP®	8:15 - 9:15	Margaret (GER A)			
	CARDIO BLAST	9:15 - 10:05	Jessica (GER A)	I/A		
	GENTLE YOGA	9:15 - 10:05	Alexis (GER B)	10+ 6S	♥	
WEDNESDAY	AQUA FIT	7:00 - 7:50	Pam (POOL)	6S	♥	
	HATHA YOGA	8:15 - 9:05	Sylvi (GER B)			
	EXTREME FIT	8:15 - 9:05	Jessica (GER A)	I/A		
	BODYPUMP®	9:15 - 10:15	Jessica (GER A)			
	CYCLING	9:15 - 10:05	Susie (GER B)	7+		
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)	6S	♥	
	PILATES	8:15 - 9:05	Susie (GER B)	10+		
	CIRCUIT	8:15 - 9:05	Cesareo (MPR A)			
FRIDAY	AQUA FIT	7:00 - 7:50	Pam (POOL)	6S	♥	
	HATHA YOGA	8:00 - 8:50	Christa (GER B)			
	TRX®	8:15 - 9:00	Susie (MPR A)			
	CIRCUIT	8:15 - 9:05	Sarah (FIELD)	10+		
	TURBO KICK®	9:15 - 10:05	Kristen (MPR A)			
SATURDAY	STEP	8:00 - 8:50	Teresa (GER A)			
	CYCLING	8:15 - 9:05	Vince/Erica (GER B)	7+		
	AQUA FIT	8:00 - 8:50	Pam (POOL)	6S	♥	
	TRX®	8:30 - 9:00	Jim (MPR A)	6S		
	AQUA FIT	9:00 - 9:50	Ivorie (POOL)			
MONDAY	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)	6S	♥	
	AQUA FIT	11:00 - 11:50	Melissa (POOL)	6S	♥	
	CHAIR YOGA	11:30 - 12:20	Siobhan (GER B)	6S	♥	
TUESDAY	DRUMS ALIVE GOLDEN BEATS®	10:30 - 11:20	Alexis (GER A)	10+ 6S	♥	
	STRETCH & BALANCE	10:15 - 11:10	Susie/Victoria (GER B)	10+ 6S	♥	
	AQUA BOOTCAMP	11:00 - 11:50	Melissa (POOL)	6S	♥	
	STRENGTH/CORE	11:30 - 12:20	Alexis (GER A)			
	WEDNESDAY	VINYASA YOGA	10:15 - 11:10	Amy (GER A)	10+	
TRX®		10:15 - 10:45	Sarah (MPR A)			
ARTHRITIS		10:30 - 11:20	Alexis (GER B)	6S	♥	
AQUA FIT		11:00 - 11:50	Melissa (POOL)			
BODYPUMP®		11:30 - 12:30	Lori (GER A)			
THURSDAY	CHAIR YOGA	11:30 - 12:20	Alexis (GER B)	10+ 6S	♥	
	FRIDAY	HIIT	9:15 - 10:05	Julie (GER A)	I/A	
		BODYPUMP®	10:15 - 11:15	Margaret (GER A)		
		FOREVER FIT	10:30 - 11:20	Alexis (GER B)	6S	♥
		AQUA FIT	11:00 - 11:50	Sandy (POOL)	6S	♥
CX WORX		11:30 - 12:00	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.
- 6S** 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:
 Susie Ferrer • 760-758-0808 ext.14024 • sferrer@ymca.org



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AFTERNOON

MONDAY

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

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

CYCLING
5:30 - 6:20 **7+**
Teresa (GER B)

TRX®
6:00 - 6:30
Sarah (MPR A)

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

YOGA FLOW
7:00 - 7:50 **10+**
Victoria (GER B)

TUESDAY

YOGA FLOW
4:15 - 5:05 **10+**
Rachel (GER A)

BODYPUMP®
5:30 - 6:30
Alexis (GER A)

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

CIRCUIT
6:30 - 7:20 **10+**
Victoria (GER A)

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

WEDNESDAY

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

ZUMBA®
5:30 - 6:20 **7+** **GS**
Gilbert (GER A)

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

TRX®
6:00 - 6:30
Margaret (MPR A)

GENTLE YOGA
6:30 - 7:20 **GS** **10+**
Alexis (GER A)

THURSDAY

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

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

CIRCUIT
6:30 - 7:20 **10+**
Victoria (GER A)

FRIDAY

STRONG ZUMBA®
5:30 - 6:20 **NEW**
Djana (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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