



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JOE & MARY MOTTINO FAMILY YMCA GROUP EXERCISE SCHEDULE | MAY 2019

## MORNING

DAY	CLASS	TIME	INSTRUCTOR	LEVEL	HEALTHY HEART	65+
MONDAY	AQUA FIT	7:00 - 7:50	Pam (POOL)		♥	65
	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)			
	CYCLING	9:15 - 10:05	Kathy (GER B)	7+		
	EXERCISE LITE	10:30 - 11:20	Alexis (GER A)		♥	65
	AQUA FIT	11:00 - 11:50	Sandy (POOL)		♥	65
	CARDIO BLAST	11:30 - 12:20	Lori (GER A)	10+		
	CHAIR YOGA	11:30 - 12:20	Christa (GER B)		♥	65
	TUESDAY	HATHA YOGA	8:00 - 8:50	Christa (GER B)		
AQUA FIT		8:00 - 8:50	Melissa (POOL)		♥	65
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+	♥	65
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)		♥	65
AQUA FIT		11:00 - 11:50	Melissa (POOL)		♥	65
CHAIR YOGA		11:30 - 12:20	Siobhan (GER B)		♥	65
WEDNESDAY	AQUA FIT	7:00 - 7:50	Pam (POOL)		♥	65
	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+		
	DRUMS ALIVE GOLDEN BEATS®	10:30 - 11:20	Alexis (GER A)		♥	65
	GENTLE YOGA	10:30 - 11:30	Victoria (GER B)		♥	65
	AQUA BOOTCAMP	11:00 - 11:50	Melissa (POOL)		♥	65
	STRENGTH/CORE	11:30 - 12:20	Alexis (GER 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)		♥	65
PILATES		8:15 - 9:05	Susie (GER B)	10+		
CARDIO BLAST		9:15 - 10:05	Lori (GER A)	10+		
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)		♥	65
AQUA FIT		11:00 - 11:50	Melissa (POOL)			
BODYPUMP®		11:30 - 12:30	Lori (GER A)			
FRIDAY	AQUA FIT	7:00 - 7:50	Pam (POOL)		♥	65
	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)			
	CYCLING	9:15 - 10:05	Kathy (GER B)	7+		
	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)		♥	65
	AQUA FIT	11:00 - 11:50	Sandy (POOL)		♥	65
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)		♥	65
	TRX®	8:30 - 9:00	Jim (MPR A)		65	
	AQUA FIT	9:00 - 9:50	Ivorie (POOL)			
	TURBO KICK®	9:00 - 9:50	Kristen (GER A)			
	VINYASA YOGA	9:15 - 10:05	Sylvi/Amy (GER B)			
	BODYPUMP®	10:00 - 11:00	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:  
Susie Ferrer • 760-758-0808 ext.14024 • sferrer@ymca.org



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# JOE & MARY MOTTINO FAMILY YMCA GROUP EXERCISE SCHEDULE | MAY 2019

AFTERNOON

**MONDAY**

**BODYPUMP®**  
4:15 - 5:15  
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 **7+**  
Teresa (GER B)

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

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

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

**TUESDAY**

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

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

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

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

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

**WEDNESDAY**

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

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**ZUMBA®**  
5:30 - 6:20 **7+** **GS**  
Gilbert (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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**GENTLE YOGA**  
6:30 - 7:20 **GS** **10+**  
Alexis (GER A)

**THURSDAY**

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

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

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**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](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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