



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOE & MARY MOTTINO FAMILY YMCA GROUP EXERCISE SCHEDULE | NOVEMBER 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	Kathy (GER B)	I/A	
	EXERCISE LITE	10:30 - 11:20	Alexis (GER A)	GS	Heart icon
	AQUA FIT	11:00 - 11:50	Sandy (POOL)	GS	Heart icon
	CARDIO BLAST	11:30 - 12:20	Lori (GER A)	I/A	
	CHAIR YOGA	11:30 - 12:20	Christa (GER B)	GS	Heart icon, NEW
	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		
GENTLE YOGA	9:15 - 10:05	Alexis (GER B)	GS	Heart icon, NEW	
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	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		
DRUMS ALIVE GOLDEN BEATS®	10:30 - 11:20	Alexis (GER A)	GS	Heart icon	
GENTLE YOGA	10:30 - 11:30	Rachel (GER B)	GS	Heart icon, NEW	
AQUA FIT	11:00 - 11:50	Melissa (POOL)	GS	Heart icon	
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)	GS	Heart icon	
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	Heart icon	
AQUA FIT	11:00 - 11:50	Melissa (POOL)			
BODYPUMP®	11:30 - 12:25	Lori (GER A)			
CHAIR YOGA	11:30 - 12:20	Alexis (GER B)	GS	Heart icon	
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		
CYCLING	9:15 - 10:05	Kathy (GER B)			
HIIT	9:15 - 10:05	Julie (MPR A)			
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	STEP	8:00 - 8:50	Teresa (GER A)		
CYCLING	8:15 - 9:05	Kathy (GER B)	I/A	7+	
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	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)	I/A	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:
 Chad Matkowski • 760-758-0808 ext.14082 • cmatkowski@ymca.org



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AFTERNOON

MONDAY

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

YOGA FLOW
5:00 - 5:50
Rachel (MPRA) **NEW**

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)

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

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

CYCLING
6:30 - 7:20
Kathy (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)

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

THURSDAY

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

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

EXTREME FIT
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) **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!

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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