



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOE & MARY MOTTINO FAMILY YMCA FAMILY EXERCISE SCHEDULE | SEPTEMBER 2019

MORNING

MONDAY
CIRCUIT
8:15 - 9:05
Annie (FIELD) 10+

CYCLE/CORE
9:15 - 10:05
Kathy (GER B) 7+

CARDIO BLAST
11:30 - 12:20
Lori (GER A) 10+

TUESDAY
GENTLE YOGA
9:15 - 10:05
Alexis (GER B) 10+ 65

WEDNESDAY
CYCLING
9:15 - 10:05
Susie (GER B) 7+

**DRUMS ALIVE
GOLDEN BEATS®** 10+
10:30 - 11:20
Alexis (GER A) ♥ 65

**STRETCH &
BALANCE** 65 10+
10:15 - 11:10
Susie/Victoria (GER B)

THURSDAY
PILATES
8:15 - 9:05
Susie (GER B) 10+

CIRCUIT 10+
8:15 - 9:05
Cesareo (MPR A)

CARDIO BLAST 10+
9:15 - 10:05
Lori (GER A)

VINYASA YOGA 10+
10:15 - 11:10
Amy (GER A)

CHAIR YOGA 10+
11:30 - 12:20
Alexis (GER B) ♥ 65

FRIDAY
CYCLING
9:15 - 10:05
Kathy (GER B) 7+

SATURDAY
CYCLING
8:15 - 9:05
Vince/Erica (GER B) 7+

HATHA YOGA
10:15 - 11:05
Sylvia/Amy (GER B) 7+

AFTERNOON

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

YOGA FLOW
6:30 - 7:20
Holly (GER B) 10+

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

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

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

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

WEDNESDAY
ZUMBA®
5:30 - 6:20
Gilbert (GER A) 7+ 65

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

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

- 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.
- 65** **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

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.

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!