



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

MORNING

DAY	CLASS	TIME	INSTRUCTOR	LEVEL	NOTES
MONDAY	AQUA FIT	7:00 - 7:50	Pam (POOL)	65	Heart icon
	HATHA YOGA	8:00 - 8:50	Amy (GER B)		
	CIRCUIT	8:15 - 9:05	Annie (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)	65	Heart icon
	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	
WEDNESDAY	AQUA FIT	7:00 - 7:50	Pam (POOL)	65	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 - 10:15	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)	65	Heart icon
	PILATES	8:15 - 9:05	Susie (GER B)	10+	
	CIRCUIT	8:15 - 9:05	Cesareo (MPR A)	NEW	
FRIDAY	AQUA FIT	7:00 - 7:50	Pam (POOL)	65	Heart icon
	HATHA YOGA	8:00 - 8:50	Christa (GER B)		
	TRX®	8:15 - 9:00	Susie (MPR A)		
	TURBO KICK®	9:15 - 10:05	Kristen (MPR A)		
	CYCLING	9:15 - 10:05	Kathy (GER B)	7+	
SATURDAY	STRONG ZUMBA®	8:00 - 8:50	Djana (GER A)	NEW	
	CYCLING	8:15 - 9:05	Vince/Erica (GER B)	7+	
	AQUA FIT	8:00 - 8:50	Pam (POOL)	65	Heart icon
	TRX®	8:30 - 9:00	Jim (MPR A)	65	
	AQUA FIT	9:00 - 9:50	Ivorie (POOL)		
MONDAY	EXERCISE LITE	10:30 - 11:20	Alexis (GER A)	65	Heart icon
	AQUA FIT	11:00 - 11:50	Sandy (POOL)	65	Heart icon
	CARDIO BLAST	11:30 - 12:20	Lori (GER A)	10+	
	CHAIR YOGA	11:30 - 12:20	Christa (GER B)	65	Heart icon
	TUESDAY	BARRE FUSION	10:15 - 11:05	Margaret (GER A)	
TRX®		10:15 - 10:45	Alexis (MPR A)		
FOREVER FIT		10:30 - 11:20	Kathie (GER B)	65	Heart icon
AQUA FIT		11:00 - 11:50	Melissa (POOL)	65	Heart icon
CHAIR YOGA		11:30 - 12:20	Siobhan (GER B)	65	Heart icon
WEDNESDAY	DRUMS ALIVE GOLDEN BEATS®	10:30 - 11:20	Alexis (GER A)	10+ 65	Heart icon
	STRETCH & BALANCE	10:15 - 11:10	Susie/Victoria (GER B)	65 10+	
	AQUA BOOTCAMP	11:00 - 11:50	Melissa (POOL)	65	Heart icon
	STRENGTH/CORE	11:30 - 12:20	Alexis (GER A)		
	THURSDAY	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	Susie (MPR A)		
ARTHRITIS		10:30 - 11:20	Alexis (GER B)	65	Heart icon
AQUA FIT		11:00 - 11:50	Melissa (POOL)		
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)	65	Heart icon
	AQUA FIT	11:00 - 11:50	Sandy (POOL)	65	Heart icon
	CX WORX	11:30 - 12:00	Margaret (GER A)		
SATURDAY	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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AFTERNOON

MONDAY

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

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

- TRX®**
6:00 - 6:30
Sarah (MPR A)

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

- YOGA FLOW**
6:30 - 7:20 10+
Holly (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 ★ 10+
Alexis (GER A)

THURSDAY

- CIRCUIT**
5:30 - 6:20 NEW
Annie (GER A)

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

- BODYPUMP®**
6:30 - 7:20
Annie (GER A)

FRIDAY

- STRONG ZUMBA®**
5:30 - 6:20
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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