



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PALOMAR FAMILY YMCA GROUP EXERCISE SCHEDULE | FEBRUARY 2019

## MORNING

**MONDAY**

**CYCLE 30/  
BODYPUMP 30**  
6:00 - 7:00  
Jennifer (GFS) **I/A**

**STRENGTH**  
8:00 - 8:50  
Dena T. (GFS) **I/A**

**EXERCISE LITE**  
8:00 - 8:50  
Sara H. (MBS) **GS**

**AQUA FIT**  
8:30 - 9:25  
Berta (POOL) **GS**

**CYCLING**  
9:00 - 9:50  
Linda J. (GFS) **I/A**

**GENTLE YOGA**  
9:30 - 10:50  
Michael G. (MBS) **GS**

**BODYPUMP®**  
10:00 - 11:00  
Jaci (GFS)

**TRX**  
11:00 - 11:50  
Harumi (MBS) **\$**

**TUESDAY**

**CYCLING**  
6:00 - 6:50  
Jennifer (GFS)

**STEP**  
8:00 - 8:50  
Dena T. (GFS)

**BENDER BALL®**  
8:00 - 8:55  
Kristin U. (MBS)

**AQUA FIT/DEEP**  
8:30 - 9:25  
Terri W. (POOL) **GS**

**CYCLING  
EXPRESS 45®**  
9:00 - 9:45  
Vince M. (GFS) **NEW**

**POWER YOGA**  
9:00 - 10:20  
Celine (MBS) **I/A**

**BODYPUMP 30/  
CXWORX™**  
10:00 - 11:15  
Kristin U. (GFS) **NEW**

**WEDNESDAY**

**TRX**  
7:00 - 7:50  
Jennifer (MBS) **\$**

**EXERCISE LITE**  
8:00 - 8:50  
Sara H. (GFS) **GS**

**STRENGTH**  
8:00 - 8:50  
Becky H. (MBS)

**AQUA FIT**  
8:30 - 9:25  
Andrea (Pool) **GS**

**TREADMILL**  
8:30 - 9:00  
Kristin U. (CTC)

**CYCLING**  
9:00 - 9:50  
Jennifer (GFS)

**GENTLE YOGA**  
9:30 - 10:50  
Michael G. (MBS) **GS**

**BODYCOMBAT**  
10:00 - 11:00  
Cheryl (GFS) **NEW**

**THURSDAY**

**CYCLING**  
6:00 - 6:50  
Kelli (GFS)

**STRENGTH**  
8:00 - 8:50  
Dena T. (GFS) **I/A**

**TRX**  
8:00 - 8:50  
Jennifer (MBS) **\$**

**AQUA FIT/DEEP**  
8:30 - 9:25  
Terri W. (POOL) **GS**

**CYCLING  
EXPRESS 45®**  
9:00 - 9:45  
Jennifer (GFS) **NEW**

**POWER YOGA**  
9:00 - 10:20  
Harumi (MBS) **I/A**

**BODYPUMP 30/  
CXWORX™**  
10:00 - 11:15  
Jennifer M. (GFS) **NEW**

**FRIDAY**

**CYCLE 30/CXWORX**  
6:00 - 7:15  
Jenn/Maria (GFS) **NEW**

**CYCLING**  
8:00 - 8:50  
Cindy (GFS)

**BENDER BALL®**  
8:00 - 8:50  
Kristin U. (MBS)

**AQUA FIT**  
8:30 - 9:25  
Berta (POOL) **GS**

**ZUMBA®**  
9:00 - 9:50  
Cindy (GFS) **7+**

**TREADMILL**  
9:15 - 9:45  
Jennifer (CTC) **NEW**

**GENTLE YOGA**  
9:30 - 10:50  
Michael (MBS)

**BODYPUMP®**  
10:00 - 11:00  
Kristin U. (GFS)

**SATURDAY**

**CYCLING**  
7:00 - 7:50  
Kelli (GFS)

**EXTREME FIT**  
8:00 - 8:50  
Multi (GFS) **I/A**

**PILATES**  
8:00 - 8:50  
Michelle (MBS)

**AQUA FIT**  
8:00 - 8:55  
Andrea H (POOL) **GS**

**BODYPUMP  
EXPRESS 45®**  
9:00 - 9:50  
Donna (GFS)

**YOGA FLOW**  
9:00 - 10:20  
Maria A. (MBS)

**KIDS FIT ONLY**  
10:00 - 10:50  
Eduardo (GFS) **7+** **NEW**

**SUNDAY**

**VINYASA YOGA**  
9:15 - 10:35  
Harumi (MBS)

## AFTERNOON

**MONDAY**

**FUSION YOGA**  
4:15 - 5:35  
Claire F. (MBS)

**ZUMBA®**  
5:30 - 6:20  
Tabatha (GFS) **7+**

**STRENGTH**  
5:45 - 6:35  
Laura A. (MBS)

**AQUA FIT/DEEP**  
6:00 - 6:55  
Berta (POOL) **GS**

**BODYCOMBAT**  
6:30 - 7:30  
Eduardo (GFS) **NEW**

**TUESDAY**

**CHAIR YOGA**  
12:30 - 1:20  
Carol (MBS) **GS**

**STEP/STRENGTH**  
5:30 - 6:20  
Donna B. (MBS)

**BODYPUMP®**  
5:00 - 6:00  
Dean (GFS)

**ZUMBA®**  
6:15 - 7:10  
Penny (GFS) **NEW**

**HATHA YOGA**  
6:30 - 7:20  
Harumi (MBS) **7+**

**WEDNESDAY**

**KIDS ONLY FIT**  
4:15 - 5:05  
Dovie (GFS) **5+**

**FUSION YOGA**  
4:15 - 5:35  
Claire F. (MBS)

**ZUMBA®**  
5:30 - 6:20  
Cindy W. (GFS) **7+**

**CIRCUIT**  
6:30 - 7:20  
Kristin S. (GFS)

**THURSDAY**

**CHAIR YOGA**  
12:30 - 1:20  
Carol (MBS) **GS**

**BODYPUMP®**  
5:00 - 6:00  
Valery (GFS)

**HATHA YOGA**  
6:30 - 7:20  
Maria (MBS) **NEW** **7+**

**FRIDAY**

**FUSION YOGA**  
4:15 - 5:35  
Harumi (MBS)

**NEW** New classes added to the Y.

**\$** Fee Based.

**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.

**GS** **GETTING STARTED** A great place to begin or restart your exercise program.

**I/A** **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided.

### LOCATIONS:

**(GFS)** Group Fitness Studio **(FCTR)** Fitness Center  
**(MBS)** Mind Body Studio **(GYM)** Gymnastics Center  
**(POOL)** Outdoor Pool

### CHILDWATCH HOURS

M-Th 7:45am-12:00pm | 3:45pm-7:00pm  
Fri 7:45am-12:00pm | 3:45pm-6:00pm  
Sat 7:45am-1:00pm | Sun Closed

**FREE CHILDWATCH AVAILABLE** with Family Membership (Ages 6 weeks to 12 years)

**FOR MORE INFORMATION ON GROUP EXERCISE CLASSES:**  
Jennifer Martinez Group Fitness Coordinator Palomar Family YMCA of San Diego County 760-745-7490 • JMartinez@ymca.org