



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PALOMAR FAMILY YMCA GROUP EXERCISE SCHEDULE | APRIL 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**

**HATHA YOGA**  
6:00 - 6:50  
Maria (MBS) **GS**

**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) **GS**

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

**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  
Jennifer P. (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.

**★** **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



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# GROUP EXERCISES CLASSES INCLUDED WITH MEMBERSHIP AT PALOMAR FAMILY YMCA

Non-members pay the appropriate day use fee. Current group exercise class schedules are available at the Welcome Center and on our website.

## CLASS BENEFITS:

Flexibility	Cardiovascular Fitness	Core Stability	Balance	Muscular Strength	Cognitive Health
Enhances the mind/body connection improving coordination and reducing stress. Enhances joint range of motion.	Strengthens the heart and lungs for efficiency.	Strengthens the deep abdominal muscles and improves postural alignment.	Improves proprioception and reduces the risk of falling.	Increases strength and enhances muscular development and coordination.	Enhances neuromuscular activity and helps improve mind/body connection through specified movement patterns.

## CARDIO & STRENGTH

### Bodycombat

A pre choreographed non-contact martial arts-inspired workout with moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and King Fu.

### Extreme Fit

Rigorous boot camp circuits combining plyometrics, agility, strength and cardio exercises.

### Step

High energy choreographed workout that uses adjustable step (step-board optional).

### BODYPUMP®, BODYPUMP® 30 & BODYPUMP® Express

A pre-choreographed full-body workout program using light to moderate weights, performing high repetitions.

### Circuit Training

Class progresses through a series of assigned exercise stations.

### Core Fit

Strengthen your abs, obliques, lower back and more in this core-focused class.

### CXWORX™

CXWORX™ A pre-choreographed, challenging but achievable 30 minute core training workout using crunches, hovers, resistance, tubes and weight plates.

### Cycling

Cardio workout to music on specially designed stationary bicycles. Workout towel required.

### Exercise Lite

Low impact workout followed by strength and stretching exercises. May include floor work.

### Chair Yoga

Enjoy the benefits of yoga utilizing a chair for support.

### Fusion Yoga

Enjoy the exploration of different yoga styles.

### Gentle Yoga

Breathing and relaxation in postures that are gentle on the joints.

### Hatha Yoga

Series of traditional postures that release tension and stress.

### Pilates

A sequence of carefully performed movements that strengthen the body, open joints and release tension.

### Power Yoga

Dynamic and challenging high-energy workout for experienced yogis.

### Vinyasa Yoga

Series of poses that unite movement with breath.

## WATER EXERCISE

### Aqua Fit

Low impact water exercise in shallow water. Non-swimmers welcome.

### Aqua Fit/Deep

Non-impact exercise in deep water with assistance of a flotation belt.

## MIND & BODY

### Bender Ball®

Movements to enhance core activity through Pilates and functional training exercises.