



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PALOMAR FAMILY YMCA GROUP EXERCISE SCHEDULE | JANUARY 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 **NEW**
Vince M. (GFS)

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

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

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 **GS**
Andrea (Pool)

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

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

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

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

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 **GS**
Terri W. (POOL)

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

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

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

FRIDAY

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

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

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

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

ZUMBA®
9:00 - 9:50 **7+**
Cindy (GFS)

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

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 **GS**
Pam (POOL)

**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 **7+** **NEW**
Eduardo (GFS)

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 **7+**
Tabatha (GFS)

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

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

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

TUESDAY

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

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

BODYPUMP®
5:00 - 6:00
Dean (GFS)

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

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

WEDNESDAY

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

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

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

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

THURSDAY

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

TRX
5:15 - 6:15 **\$**
Harumi (MBS)

BODYPUMP®
5:00 - 6:00
Valery (GFS)

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

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

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 6weeks 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

New Year's Day | Tuesday, Jan. 1, 2019 | 7:00am-4:00pm
The facility will be open to the community on New Year's Day.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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. **CF**

BODYPUMP®, BODYPUMP® 30 & BODYPUMP® Express

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

Circuit Training

Class progresses through a series of assigned exercise stations. **MS CS**

Core Fit

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

CXWORX™

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

Cycling

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

Exercise Lite

Low impact workout followed by strength and stretching exercises. May include floor work. **CF MS CH**

Extreme Fit

Rigorous boot camp circuits combining plyometrics, agility, strength and cardio exercises. **CF CS MS**

Step

High energy choreographed workout that uses adjustable step (step-board optional). **CF B MS**

Strength

A full body strength and conditioning class using a variety of equipment. **CS MS**

Treadmill

Instructor-led treadmill interval training workout. **CF**

Zumba®

Combines unique Latin moves and rhythms to create an exciting dynamic workout. **CF**

KID-ORIENTED CLASSES

Kids Only Fit (5-12)

5-12 age appropriate exercises. Parent/Guardian must remain in facility and sign-in is required. **CF MS**

MIND & BODY

Bender Ball®

Movements to enhance core activity through Pilates and functional training exercises. **F CS MS CH**

Chair Yoga

Enjoy the benefits of yoga utilizing a chair for support. **F CS B CH**

Fusion Yoga

Enjoy the exploration of different yoga styles. **F CS B CH**

Gentle Yoga

Breathing and relaxation in postures that are gentle on the joints. **F CS B CH**

Hatha Yoga

Series of traditional postures that release tension and stress. **F B CH**

Pilates

A sequence of carefully performed movements that strengthen the body, open joints and release tension. **F CS MS CH**

Power Yoga

Dynamic and challenging high-energy workout for experienced yogis. **F CS B MS CH**

Vinyasa Yoga

Series of poses that unite movement with breath. **F CS B MS CH**

WATER EXERCISE

Aqua Fit

Low impact water exercise in shallow water. Non-swimmers welcome. **CF CS MS**

Aqua Fit/Deep

Non-impact exercise in deep water with assistance of a flotation belt. **CF CS MS**