



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PALOMAR FAMILY YMCA GROUP EXERCISE SCHEDULE | NOVEMBER 2018

## MORNING

<b>MONDAY</b>	<b>CYCLE 30/ BODYPUMP 30</b> 6:00 - 7:00 Jennifer (GFS) <b>I/A</b>
	<b>STRENGTH</b> 8:00 - 8:50 Dena T. (GFS) <b>I/A</b>
	<b>EXERCISE LITE</b> 8:00 - 8:50 Sara H. (MBS) <b>GS</b>
	<b>AQUA FIT</b> 8:30 - 9:25 Berta (POOL) <b>GS</b>
	<b>CYCLING</b> 9:00 - 9:50 Linda J. (GFS) <b>I/A</b>
	<b>GENTLE YOGA</b> 9:30 - 10:50 Michael G. (MBS) <b>GS</b>
<b>TUESDAY</b>	<b>CYCLING</b> 6:00 - 6:50 Jennifer (GFS)
	<b>STEP</b> 8:00 - 8:50 Dena T. (GFS)
	<b>BENDER BALL®</b> 8:00 - 8:55 Kristin U. (MBS) <b>NEW</b>
	<b>AQUA FIT/DEEP</b> 8:30 - 9:25 Terri W. (POOL) <b>GS</b>
	<b>CYCLING EXPRESS 45®</b> 9:00 - 9:45 Vince M. (GFS) <b>NEW</b>
	<b>POWER YOGA</b> 9:00 - 10:20 Celine (MBS) <b>I/A</b>
<b>WEDNESDAY</b>	<b>CYCLE 30/ CXWORX™</b> <b>NEW</b> 6:00 - 7:15 Jennifer/Maria (GFS)
	<b>TRX</b> 7:00 - 7:50 Jennifer (MBS) <b>\$</b>
	<b>EXERCISE LITE</b> 8:00 - 8:50 Sara H. (GFS) <b>GS</b>
	<b>STRENGTH</b> 8:00 - 8:50 Becky H. (MBS)
	<b>AQUA FIT</b> 8:30 - 9:25 Andrea (Pool) <b>GS</b>
	<b>TREADMILL</b> 8:30 - 9:00 Kristin U. (CTC)
<b>THURSDAY</b>	<b>CYCLING</b> 6:00 - 6:50 Kelli (GFS)
	<b>STRENGTH</b> 8:00 - 8:50 Dena T. (GFS) <b>I/A</b>
	<b>TRX</b> 8:00 - 8:50 Jennifer (MBS) <b>\$</b>
	<b>AQUA FIT/DEEP</b> 8:30 - 9:25 Terri W. (POOL) <b>GS</b>
	<b>CYCLING EXPRESS 45®</b> 9:00 - 9:45 Jennifer (GFS) <b>NEW</b>
	<b>POWER YOGA</b> 9:00 - 10:20 Harumi (MBS) <b>I/A</b>
<b>FRIDAY</b>	<b>CYCLING</b> 8:00 - 8:50 Cindy (GFS)
	<b>BENDER BALL®</b> 8:00 - 8:50 Kristin U. (MBS)
	<b>AQUA FIT</b> 8:30 - 9:25 Berta (POOL) <b>GS</b>
	<b>ZUMBA®</b> 9:00 - 9:50 Cindy (GFS) <b>7+</b>
	<b>TREADMILL</b> 9:15 - 9:45 Jennifer (CTC) <b>NEW</b>
	<b>GENTLE YOGA</b> 9:30 - 10:50 Michael (MBS)
<b>SATURDAY</b>	<b>CYCLING</b> 7:00 - 7:50 Kelli (GFS)
	<b>EXTREME FIT</b> 8:00 - 8:50 Multi (GFS) <b>I/A</b>
	<b>PILATES</b> 8:00 - 8:50 Michelle (MBS)
	<b>AQUA FIT</b> 8:00 - 8:55 Pam (POOL) <b>GS</b>
	<b>BODYPUMP EXPRESS 45®</b> 9:00 - 9:50 Donna (GFS)
	<b>YOGA FLOW</b> 9:00 - 10:20 Maria A. (MBS)
<b>SUNDAY</b>	<b>VINYASA YOGA</b> 9:15 - 10:35 Harumi (MBS)
	<b>BODYPUMP®</b> 10:00 - 11:00 Jaci (GFS)
	<b>TRX</b> 11:00 - 11:50 Harumi (MBS) <b>\$</b>
	<b>CORE FIT</b> 11:00 - 11:50 Celine (MBS)
	<b>BODYPUMP EXPRESS 45®</b> 10:00 - 11:00 Kristin U. (GFS) <b>NEW</b>
	<b>GENTLE YOGA</b> 9:30 - 10:50 Michael G. (MBS) <b>GS</b>

## AFTERNOON

<b>MONDAY</b>	<b>FUSION YOGA</b> 4:15 - 5:35 Claire F. (MBS)
	<b>ZUMBA®</b> 5:30 - 6:20 Tabatha (GFS) <b>7+</b>
	<b>STRENGTH</b> 5:45 - 6:35 Laura A. (MBS)
	<b>AQUA FIT/DEEP</b> 6:00 - 6:55 Berta (POOL) <b>GS</b>
	<b>CIRCUIT</b> 6:30 - 7:20 Elizabeth (GFS)
	<b>CHAIR YOGA</b> 12:30 - 1:20 Carol (MBS) <b>GS</b>
<b>TUESDAY</b>	<b>STEP/STRENGTH</b> 5:30 - 6:20 Donna B. (MBS)
	<b>BODYPUMP®</b> 5:30 - 6:30 Dean (GFS)
	<b>HATHA YOGA</b> 6:30 - 7:20 Harumi (MBS) <b>7+</b>
	<b>KIDS ONLY FIT</b> 4:15 - 5:05 Dovie (GFS) <b>5+</b>
	<b>FUSION YOGA</b> 4:15 - 5:35 Claire F. (MBS)
	<b>ZUMBA®</b> 5:30 - 6:20 Cindy W. (GFS) <b>7+</b>
<b>WEDNESDAY</b>	<b>CIRCUIT</b> 6:30 - 7:20 Kristin S. (GFS)
	<b>CHAIR YOGA</b> 12:30 - 1:20 Carol (MBS) <b>GS</b>
	<b>TRX</b> 5:15 - 6:15 Harumi (MBS) <b>\$</b>
	<b>BODYPUMP®</b> 5:30 - 6:30 Valery (GFS)
	<b>HATHA YOGA</b> 6:30 - 7:20 Maria (MBS) <b>NEW 7+</b>
	<b>FUSION YOGA</b> 4:15 - 5:35 Harumi (MBS)
<b>THURSDAY</b>	<b>CYCLING</b> 6:00 - 6:50 Kelli (GFS)
	<b>STRENGTH</b> 8:00 - 8:50 Dena T. (GFS) <b>I/A</b>
	<b>TRX</b> 8:00 - 8:50 Jennifer (MBS) <b>\$</b>
	<b>AQUA FIT/DEEP</b> 8:30 - 9:25 Terri W. (POOL) <b>GS</b>
	<b>CYCLING EXPRESS 45®</b> 9:00 - 9:45 Jennifer (GFS) <b>NEW</b>
	<b>POWER YOGA</b> 9:00 - 10:20 Harumi (MBS) <b>I/A</b>
<b>FRIDAY</b>	<b>CYCLING</b> 8:00 - 8:50 Cindy (GFS)
	<b>BENDER BALL®</b> 8:00 - 8:50 Kristin U. (MBS)
	<b>AQUA FIT</b> 8:30 - 9:25 Berta (POOL) <b>GS</b>
	<b>ZUMBA®</b> 9:00 - 9:50 Cindy (GFS) <b>7+</b>
	<b>TREADMILL</b> 9:15 - 9:45 Jennifer (CTC) <b>NEW</b>
	<b>GENTLE YOGA</b> 9:30 - 10:50 Michael (MBS)
<b>SATURDAY</b>	<b>CYCLING</b> 7:00 - 7:50 Kelli (GFS)
	<b>EXTREME FIT</b> 8:00 - 8:50 Multi (GFS) <b>I/A</b>
	<b>PILATES</b> 8:00 - 8:50 Michelle (MBS)
	<b>AQUA FIT</b> 8:00 - 8:55 Pam (POOL) <b>GS</b>
	<b>BODYPUMP EXPRESS 45®</b> 9:00 - 9:50 Donna (GFS)
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	<b>BODYPUMP®</b> 10:00 - 11:00 Jaci (GFS)
	<b>TRX</b> 11:00 - 11:50 Harumi (MBS) <b>\$</b>
	<b>CORE FIT</b> 11:00 - 11:50 Celine (MBS)
	<b>BODYPUMP EXPRESS 45®</b> 10:00 - 11:00 Kristin U. (GFS) <b>NEW</b>
	<b>GENTLE YOGA</b> 9:30 - 10:50 Michael G. (MBS) <b>GS</b>

**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-F 7:45am-12:00pm | 3:45pm-7:30pm  
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

Free and open to the community on Monday, 11/12 Veterans Day.

Free and open to the community on Thursday, 11/22.

Special Holiday class schedule for Thanksgiving. Open 7am-2pm.



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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

### BODYPUMP®, BODYPUMP® 30 & BODYPUMP® Express CF MS CS

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

### Circuit Training CS MS

Class progresses through a series of assigned exercise stations.

### Core Fit CS B MS

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

### CXWORX™ CS B MS

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

### Cycling CF

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

### Exercise Lite CF MS CH

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

### Extreme Fit CF CS MS

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

### Step CF B MS

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

### Strength CS MS

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

### Treadmill CF

Instructor-led treadmill interval training workout.

### Zumba® CF

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

### Fusion Yoga F CS B CH

Enjoy the exploration of different yoga styles.

### Gentle Yoga F CS B CH

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

### Hatha Yoga F B CH

Series of traditional postures that release tension and stress.

### Pilates F CS MS CH

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

### Power Yoga F CS B MS CH

Dynamic and challenging high-energy workout for experienced yogis.

### Vinyasa Yoga F CS B MS CH

Series of poses that unite movement with breath.

## KID-ORIENTED CLASSES

### Kids Only Fit (5-12) CF MS

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

## MIND & BODY

### Bender Ball® F CS MS CH

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

### Chair Yoga F CS B CH

Enjoy the benefits of yoga utilizing a chair for support.

## WATER EXERCISE

### Aqua Fit CF CS MS

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

### Aqua Fit/Deep CF CS MS

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