

























FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY








Peninsula Family YMCA GROUP EXERCISE SCHEDULE | May












MORNING









MONDAY	CARDIO BLAST 6:00 - 6:50 Jeanne (GRX)  
	HYDRO HEALING 6:30 - 7:20 Sallie (P) 
	PILATES 7:00 - 7:50 Robyn (GRX)
	CYCLING 7:00 - 7:50 Julie (MPR) 
	AQUA-FIT/DEEP 7:35 - 8:25 Sallie (P) 
	ZUMBA® 8:00 - 8:50 Rachel (GRX)
	BODYPUMP EXPRESS® 9:00 - 9:50 Melanie (GRX)
	FOREVER FIT 9:00 - 9:50 Sallie (SPBS*) 
	STRETCH N' STRENGTH 10:00 - 10:50 Sarah V. (MPR)
	FUSION YOGA 10:00 - 10:50 Jane (GRX)
	FUSION YOGA 11:00 - 11:50 David (GRX)
	DANCE! 11:00 - 11:50 Sarah V (MPR) 
AQUA-FIT 11:05 - 11:55 Marion (P)	

TUESDAY	BODYPUMP EXPRESS® 6:00 - 6:45 Sarah M. (GRX) 
	HYDRO HEALING 6:30 - 7:20 Sallie (P) 
	CARDIO BLAST 7:00 - 7:50 Jeanne (GRX) 
	AQUA INTERVAL/DEEP 7:35 - 8:25 Sallie (P) 
	CORE FIT 8:00 - 8:50 Audrey (GRX)
	CYCLING 9:00 - 9:50 Elizabeth (MPR) 
	STABILITY BALL 9:00 - 9:50 Julie (GRX)
	HATHA YOGA 10:00 - 10:50 Jen S. (GRX) 
	CORE FIT 11:00 - 11:20 Sarah V. (GRX)
	AQUA FIT 11:05 - 11:55 Marion (P)
	EXERCISE LITE 11:30 - 12:20 Sarah V. (GRX) 

WEDNESDAY	HI/LO CARDIO 6:00 - 6:50 Jeanne (GRX) 
	Aqua-Fit/Deep 7:35-8:25 Sia (P) 
	Pilates NEW! 7:00-7:50 Starts 5/9 Marianne
	BODYPUMP® 8:00 - 9:15 Sarah M (GRX) 
	KUNDALINI YOGA 8:00 - 8:50 Banoo (MPR)
	TAI CHI 9:00 - 9:50 John/Seymour (MPR) 
	FOREVER FIT 9:00 - 9:50 Elke (PLCPC*) 
	ZUMBA GOLD TONING® 9:30 - 10:20 Lisbeth (GRX)
	STRETCH N' STRENGTH 10:00 - 10:50 Sarah V. (MPR) 
	HATHA/FUSION YOGA 10:30 - 12:00 Anne (GRX) 
	DANCE! 11:00 - 11:50 Sarah V (MPR)
	AQUA-FIT/DEEP 11:05 - 11:55 Marion (P) 









THURSDAY	EXTREME FIT 6:00-6:50 Suzi (FG) 
	STRENGTH 7:00 - 7:50 Robyn R (GRX) 
	DANCE! CARDIO MIX 8:00 - 8:50 Sarah V. (GRX)
	CX WORX® 8:00 - 8:45 Diana (MPR) 
	CYCLING 9:00 - 9:50 Diana (MPR)  
	STABILITY BALL 9:00 - 9:50 Pam (GRX)
	HATHA YOGA 10:00 - 10:50 Jen S. (GRX)
	CORE FIT 11:00 - 11:20 Sarah V. (GRX)
	AQUA-FIT 11:05 - 11:55 Jeanne (P) 
	EXERCISE LITE 11:30 - 12:20 Elke (GRX) 
	Zumba NEW! 11:30-12:20 Rachel (MPR)

FRIDAY	STRENGTH 6:00 - 6:50 Elke (GRX) 
	BALANCE/STRENGTH 7:00 - 7:50 Suzi (GRX) 
	AQUA-FIT/DEEP 7:05 - 7:55 Simone (P) 
	ZUMBA® 8:00 - 8:50 Lydia (GRX) 
	CYCLING 8:00 - 8:50 David (MPR) 
	FOREVER FIT 9:00 - 9:50 Elke (SPBS*) 
	BODYPUMP EXPRESS® 9:00 - 9:50 Ashley (GRX)
	VINYASA YOGA 10:00 - 10:50 Sylvia (GRX)
	STRETCH N' STRENGTH 10:00 - 10:50 Sarah V. (MPR)
	BALANCE/STRENGTH 11:00 - 11:50 Julie (MPR)  
	ZUMBA® 11:05 - 11:55 Lisbeth (GRX)  
	AQUA-FIT/DEEP 11:05 - 11:55 Marion (P) 

SATURDAY	CARDIO BLAST 7:30 - 8:20 Jeanne (FG) 
	FUSION YOGA 8:00 - 8:50 Cecilia (MPR) 
	EXTREME FIT 8:30 - 9:20 Calina (GB)  
	CORE FIT 9:30 - 9:50 Calina (GB) 
	CYCLING 9:00 - 9:50 Elizabeth (MPR)  
	FUSION YOGA 10:00 - 10:50 Anne (GB) 

SUNDAY	CYCLING 10:10 - 11:00 Christian (MPR) 
	BALANCE/STRENGTH 11:30 - 12:20 Julie (MPR)
	FUSION YOGA 12:30 - 1:20 David (MPR) 
FUSION YOGA 1:30 - 2:20 David (MPR)  	

KEY:

-  **PASS REQUIRED.** Space is limited
-  **BABY FRIENDLY.** Babies in stroller or carriers are allowed. No toddlers, please
-  **YMCA Active Adults (YAA) Class**
-  **GETTING STARTED.** A great place to begin or restart your exercise program
-  **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided
-  **CHILDREN AGES 5+** Can attend if actively participating with parent/guardian
-  **CHILDREN AGES 7+** Can attend if actively participating with parent/guardian
-  **CHILDREN AGES 10+** Can attend if actively participating with parent/guardian
- * Fee Based for Non-members



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Peninsula Family YMCA GROUP EXERCISE SCHEDULE | May

AFTERNOON

MONDAY	PILATES 4:30 - 5:20 Deena (GRX) (10+)
	DANCE! CARDIO MIX 5:30 - 6:20 Lauren F (GRX) (I/A)
	CYCLING 6:00 - 6:50 Christian (MPR) (◆)
	HATHA YOGA 6:30 - 7:20 Banoo (GRX) (10+)
TUESDAY	FUSION YOGA 4:30 - 5:20 David (GRX) (I/A)
	CX WORX® 5:00 - 5:40 Diana (MPR)
	BODYPUMP EXPRESS® 5:30 - 6:20 Peggy (GRX)
	PILATES 6:30 - 7:20 Robyn (MPR)
	KARATE INTRO * ★ 6:30 - 7:20 Erik (GRX) (7+)
	KARATE * 7:30 - 9:00 Erik (GRX) (I/A)

WEDNESDAY	PARKINSONS 1:30 - 2:20 Lisbeth (MPR)
	STRETCH N' STRENGTH 4:30 - 5:20 Sarah V. (GRX) (7+)
	ZUMBA® 5:30 - 6:20 Lydia (GRX) (7+) (I/A)
	CYCLING 6:00 - 6:50 Julie (MPR) (◆)
	HATHA YOGA 6:30 - 7:20 Jen S. (GRX) (10+)

THURSDAY	CORE FIT 5:00 - 5:40 Julie MPR (7+)
	CYCLING 6:00 - 6:50 Kelly (MPR) (◆)
	BODYPUMP ® 5:30 - 6:20 Peggy (GRX) (I/A)
	KARATE * 7:30 - 9:00 Erik (GRX) (I/A)

LOCATIONS:

(GRX): Group Ex. Room/ Church
(MPR): Multi-Purpose Room
(GB): Green Belt
(FG): Haas Family Gym

(P): Pool
(SPBS): *St. Peter's By the Sea
(PLCPC): *Point Loma Presbyterian Church
*Off site

MONTHLY UPDATES:

- **TRX Personal Training:**
 - Change up your workout and increase your results through TRX training with Calina and Audrey.
 - **NEW!** Pilates Wednesday 7:00am with Marianne. **BEGINS MAY 9th**
 - **NEW!** Zumba Thursdays 11:30am with Rachel.

REMINDERS:

- Classes on GX schedule subject to change without prior notice.
- Join our text alert system for GX class updates. See the Member Service desk for more info.
- Please do not enter studio after current class has begun or previous class has ended.
- Guests are welcome. Please see Member Service desk for more information on guest passes.
- Child Watch Hours:
 - M-F: 7:45am-12:00pm M-TH: 4:15-7:30pm
 - Sat: 8:00am-12:00pm