














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







Peninsula Family YMCA








GROUP EXERCISE SCHEDULE | September









MORNING










MONDAY	CARDIO BLAST 6:00 - 6:50 Charlotte (GRX)  
	CYCLING NEW! 6:00 - 6:50 Julie (MPR)
	HYDRO HEALING 6:30 - 7:20 Sallie (P) 
	PILATES 7:00 - 7:50 Robyn (GRX)
	AQUA-FIT/DEEP 7:35 - 8:25 Sallie (P) 
	ZUMBA® 8:00 - 8:50 Rachel (GRX)
	BODYPUMP EXPRESS® 9:00 - 9:50 Diana (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 Audrey (GRX)
	AQUA INTERVAL/DEEP 7:35 - 8:25 Sallie (P) 
	CORE FIT/CIRCUIT 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) 
	Zumba 11:15 - 12:05 Rachel (MPR)

WEDNESDAY	CARDIO BLAST 6:00 - 6:50 Charlotte (GRX)  
	Aqua-Fit/Deep 7:35 - 8:25 Sia (P) 
	Pilates 7:00 - 7:50 Marianne (GRX)
	BODYPUMP® 8:00 - 9:15 Sarah M (GRX) 
	KUNDALINI YOGA 8:00 - 8:50 Banoo (MPR)
	TAI CHI 9:00 - 9:50 John A (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) 
PARKINSONS 12:00 - 12:50 Lisbeth (SPBS*)	


THURSDAY	EXTREME FIT 6:00 - 6:50 Suzi (FG) 
	AQUA DANCE 7:00 - 7:50 Simone (P) 
	STRENGTH 7:00 - 7:50 Robyn R (GRX)
	DANCE! CARDIO MIX 8:00 - 8:45 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) 

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) 
	TAI CHI CHUAN 9:00 - 9:50 John P (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 Charlotte (FG)  
	FUSION YOGA 8:00 - 8:50 Cecilia (MPR) 
	EXTREME FIT 8:30 - 9:20 Diana (GB)  
	CORE FIT 9:30 - 9:50 Diana (GB)  
	CYCLING 9:00 - 9:50 Elizabeth (MPR)  
	FUSION YOGA 10:00 - 10:50 Anne (GB/MPR*) *See front desk for info

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 7+** 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 | September

AFTERNOON

MONDAY
PILATES
 4:30 - 5:20
 Marianne (GRX) (7+)

DANCE! CARDIO MIX
 5:30 - 6:20
 Lauren F (GRX)

CYCLING
 6:00 - 6:50
 Christian (MPR) ◆

HATHA YOGA
 6:30 - 7:20
 Banoo (GRX) (7+)

TUESDAY
FUSION YOGA
 4:30 - 5:20
 David (GRX) I/A

CX WORX®
 5:00 - 5:40
 Diana (MPR) I/A

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
STRETCH N' STRENGTH
 4:30 - 5:20
 Sarah V. (GRX) (7+)

ZUMBA®
 5:30 - 6:20
 Lydia (GRX) (7+)

HIIT NEW!
 5:30-6:20
 Diana (GB/MPR)

HATHA YOGA
 6:30 - 7:20
 Jen S. (GRX)

THURSDAY
CORE FIT
 5:00 - 5:40
 Julie MPR (7+)

CYCLING
 6:00 - 6:50
 Kelly (MPR) ◆

BODYPUMP®
 5:30 - 6:20
 Peggy (GRX)

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:

SEPTEMBER CLASS CHANGES

- Parkinson's Wednesday at 12pm has moved to St. Peters by the Sea Lutheran Church. The class will still be held on Wednesday at 12pm with Lisbeth.
- New Class: Tai Chi Friday 9:00am in MPR
- New Class: Aqua Dance Thursday 7:00am Pool

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