






FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY


Peninsula Family YMCA GROUP EXERCISE SCHEDULE | February


MORNING

MONDAY

CARDIO BLAST 6:00 - 6:50
Jeanne (GRX)  


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. (FG)


FUSION YOGA 10:00 - 10:50
Jane (GRX)


FUSION YOGA 11:00 - 11:50
David (GRX)

AQUA-FIT 11:05 - 11:55
Marion (P) 


TUESDAY

BODYPUMP EXPRESS® 6:00 - 6:45
Sarah M. (GRX) 

CARDIO BLAST 7:00 - 7:50
Alvona (GRX) 


AQUA INTERVAL/DEEP 7:35 - 8:25
Simone (P) 

BALANCE/STRENGTH 8:00 - 8:50
Suzi (GRX)


CORE FIT 8:00 - 8:45
Alvona (MPR) 

CYCLING 9:00 - 9:50
Elizabeth (MPR)

STABILITY BALL 9:00 - 9:50
Dan (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

H/I/O CARDIO 6:00 - 6:50
Jeanne (GRX) 


HYDRO HEALING 6:30 - 7:20
Sallie (P)


PILATES 7:00 - 7:50
Natalie (GRX)


AQUA-FIT/DEEP 7:35 - 8:25
Sallie (P) 


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. (FG) 

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) 

HYDRO HEALING 6:30 - 7:20
Sallie (P)

STRENGTH 7:00 - 7:50
Robyn R (GRX) 

AQUA INTERVAL 7:35 - 8:25
Sallie (P) 

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) 


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)  

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

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



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Peninsula Family YMCA GROUP EXERCISE SCHEDULE | February

AFTERNOON

DAY	CLASS	TIME	INSTRUCTOR	LEVEL	NOTES
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)		NEW
	STRETCH N' STRENGTH	4:30 - 5:20	Sarah V. (GRX)	7+	
	HIIT	5:00 - 5:50	Dan (MPR)	I/A	
	ZUMBA®	5:30 - 6:20	Lydia (GRX)	7+	
	CYCLING	6:00 - 6:50	Julie (MPR)		◆
	HATHA YOGA	6:30 - 7:20	Jen S. (GRX)	10+	★
THURSDAY	FOAM ROLLER	4:30 - 5:20	Dan (GRX)	7+	
		5:00 - 5:40	____ (MPR)		
	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	

MONTHLY UPDATES:

- **TRX Personal Training:**
 - Change up your workout and increase your results through TRX training with Calina.
- **New Equipment:**
 - Learn the best and safest way to use our new equipment with Dan Williams lifting workshops.

REMINDERS:

- Schedule subject to change without prior notice.
- Please do not enter studio after current class has begun.
- Please wait to enter studio until previous class has ended.
- Guests are welcome. Please see front 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

WHAT'S NEW:

Yoga Workshop:

- Sat. Feb 10th "Yoga and the Science of Food" presented by Anne. Register at the front desk.

Read and Romp:

- Join Reach out and Read San Diego on Feb 24th for their 8th annual childhood literacy event.

Sharp Seminar:

- Friday Feb. 15th "Driving and Memory Lose" at 1pm in the MPR.