






FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY


# Peninsula Family YMCA GROUP EXERCISE SCHEDULE | January


## 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  
Sarah V. (GRX) 


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

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


**CX WORX®** 8:00 - 8:45  
Patrick (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**

**HI/LO 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  
Patrick (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) 

**STRETCH N' STRENGTH** 7:00 - 7:50  
Sarah V. (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)


**PILATES** 11:00 - 11:50  
Natalie (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  
Sarah V. (GB)  

**CORE FIT** 9:30 - 9:50  
Sarah V. (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 | January

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)			
WEDNESDAY	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)		◆	
THURSDAY	FOAM ROLLER	4:30 - 5:20	Dan (GRX)	7+		
	CX WORX®	5:00 - 5:40	Patrick (MPR)			
	CYCLING	6:00 - 6:50	Kelly (MPR)		◆	
	BODYPUMP®	5:30 - 6:20	Peggy (GRX)	I/A		
MONDAY	KARATE*	7:30 - 9:00	Erik (GRX)	I/A		
	TUESDAY	KARATE INTRO*	6:30 - 7:20	Erik (GRX)	7+	★
		HATHA YOGA	6:30 - 7:20	Jen S. (GRX)	10+	★
	WEDNESDAY	KARATE*	7:30 - 9:00	Erik (GRX)	I/A	
HATHA YOGA		6:30 - 7:20	Jen S. (GRX)	10+	★	
THURSDAY	KARATE*	7:30 - 9:00	Erik (GRX)	I/A		
	HATHA YOGA	6:30 - 7:20	Jen S. (GRX)	10+	★	

## MONTHLY UPDATES:

- **Sharp Seminar:**
  - Wednesday Jan. 24th "Eating Well in the New Year" at 1pm in the MPR.
- **LIVESTRONG at the YMCA:**
  - Starts Jan 8th - Mon and Fri from 12 to 1:15pm
- **Know Your Numbers:**
  - Utilize our Body Composition Analysis with the purchase of any Personal Training Package.

## 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:

### Celebrating You:

- Join the fun and wear your favorite sports jersey as we highlight your group ex classes from Jan 8 to 12th

### Gridiron Member Challenge:

- Starting Jan 21st challenge yourself with new goals in our wellness center. Ask a wellness coach for details.

### Pilates Workshop:

- Sat. Jan 27th "Pilates and the Powerhouse" presented by Natalie. Register at the front desk.