



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Peninsula Family YMCA GROUP EXERCISE SCHEDULE | July

MORNING

MONDAY	CARDIO BLAST 6:00 - 6:50 Charlotte (GRX) ★ (7+)
	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) I/A
	CORE FIT/CIRCUIT 8:00 - 8:50 Audrey (GRX) I/A
	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) ★ (7+)
	Aqua-Fit/Deep 7:35 - 8:25 Sia (P) ★
	Pilates 7:00 - 7:50 Marianne (GRX)
	BODYPUMP® 8:00 - 9:15 Sarah M (GRX) I/A
	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) (7+)
	DANCE! 11:00 - 11:50 Sarah V (MPR)
	AQUA-FIT/DEEP 11:05 - 11:55 Marion (P) ♥
PARKINSONS 12:00 - 12:50 Lisbeth (GRX)	

THURSDAY	EXTREME FIT 6:00 - 6:50 Suzi (FG) (7+)
	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) I/A
	CYCLING 9:00 - 9:50 Diana (MPR) (7+) ♦
	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) (7+)
	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® ☺ (7+) 11:05 - 11:55 Lisbeth (GRX)
	AQUA-FIT/DEEP ♥ 11:05 - 11:55 Marion (P)

SATURDAY	CARDIO BLAST ★ (7+) 7:30 - 8:20 Charlotte (FG)
	FUSION YOGA (7+) 8:00 - 8:50 Cecilia (MPR)
	EXTREME FIT (7+) I/A 8:30 - 9:20 Diana (GB)
	CORE FIT I/A (7+) 9:30 - 9:50 Diana (GB)
	CYCLING ♦ (7+) 9:00 - 9:50 Elizabeth (MPR)
	FUSION YOGA 10:00 - 10:50 Anne (GB/MPR*) *See front desk for info

SUNDAY	CYCLING ♦ (7+) 10:10 - 11:00 Christian (MPR)
	BALANCE/STRENGTH 11:30 - 12:20 Julie (MPR)
	FUSION YOGA ♥ 12:30 - 1:20 David (MPR)
SUNDAY	FUSION YOGA ♥ (7+) 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
- I/A **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided
- (7+) **CHILDREN AGES 7+** Can attend if actively participating with parent/guardian
- * Fee Based for Non-members



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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+)

HITT 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:

- Brain Fitness Seminar**
Where: Peninsula YMCA MPR
Date: Thursday July, 12
Time: 1:00pm-2:00pm
Cost: Free to community

Participants will learn to identify types of memory, recognize mental changes common with normal aging, learn several memory exercises, and understand strategies for improving memory.

See the Member Service desk or call 619-226-8888 for more info or to sign up. Limited spots available so sign up today!

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