



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RANCHO FAMILY YMCA GROUP EXERCISE SCHEDULE | September

MORNING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle 5:30-6:30 Kristeen(S2) FF	Cardio Blast 6:00-7:00 Becky (S3)	Cycle 5:30-6:30 Kristeen(S2) FF	Cardio Blast 6:00-7:00 Becky (S3)	TRX/Combo 5:30-6:30 Ruben (S1)	Zumba® 8:00-9:00 Thomas(S3)	Body Pump® 9:00-10:00 Cheryl(S3)
BODY PUMP® 6:00-7:00 Rachelle(S3)	BODY PUMP® 8:00-9:00 Cheryl(S3)	Strength 6:00-7:00 Becky (S3)	BODY PUMP® 8:00-9:00 Cathy(S3)	Cardio Blast/Strength 6:00-7:00 Becky(S1)	Step 8:30-9:30 Mimi M.(S1)	Zumba® 10:15-11:15 Harumi O.(S3)
Zumba® 8:15-9:15 Harumi O.(S3)	Pilates-Beginner 8:15-9:15 Harumi M.(S1) GS	Zumba® 8:00-9:00 Shelley S3)	Hi-Lo Cardio 9:15-10:15 Francine(S3) FF, GS	Dancel Cardio/ Line 8:00-9:00 Shelley (S3)	Cycle 9:30-10:30 Diane Parry (S2) FF	Hatha Yoga 11:15-12:15 Nancy(S1) GS, FF
Walking Club 9:00-10:00am Francine(SR) YAA, GS	Hi-Lo Cardio 9:15-10:15 Francine(S3) FF, GS	Walking Club 9:00-10:00am Francine(SR) YAA, GS	Core Fit 9:20-10:20 New time! Diane(S1)	Step 9:15-10:15 Patty H (S3)	TKB® 9:45-10:45 Jimmy(S1)	
HIIT 9:15-10:15 Emily (S1)	Pilates-Advanced 9:20-10:20 New time! Harumi M.(S1) I/A	Cardio Blast 9:15-10:15 Cathy(S3)	Extreme Fit 10:30-11:30 Cathy (S1)	Cardio Blast 9:30-10:30 Wendy(S1)	Yoga 11:00-12:00 Patty B./Shelley(S1)	
Cardio Blast 9:30-10:30 Cathy(S3)	Body Combat® 10:30-11:30 Cheryl(S1)	Stroller Jam- new day! 9:30-10:30 Rachelle- Hilltop Park	Forever Fit 11:00-12:00 Francine(S3) YAA, GS	Cycle 9:30-10:30 Meredith (S2) FF		
TRX/Combo 10:30-11:30 Cathy(S1)	Forever Fit 11:00-12:00 Francine(S3) YAA, GS	Strength 9:30-10:30am Jenn (S1)	Chair Yoga 12:00-12:30 Francine (S3) YAA, GS	Hatha Yoga 10:30-11:30 Cathy(S3)		
Cycle- New class !! 9:30-10:30 Nicci (S2) FF	Chair Yoga 12:00-12:30 Francine (S3) YAA, GS	Cycle 9:30-10:30 Emily (S2) FF		Chair Yoga 11:30-12:15 Francine (S1) YAA, GS	Aqua Interval- Pool 8:00-8:55 FF Diane/Francine	
Hatha Yoga 10:45-11:45 Francine(S3)		Power Yoga 10:30-11:30 Shelley(S3)				
Zumba Gold® 11:45- 12:30 Thomas (S1) YAA, GS		Zumba Gold® 11:45- 12:30 Thomas (S1) YAA, GS				
Aqua Interval 8:30-9:25 Cathy D.	Coached Masters 5:30-6:30 Pool	Coached Masters 5:30-6:30 Pool	Coached Masters 5:30-6:30 Pool	Aqua Combo 7:30-8:25 Francine I/A		
Arthritis Plus 9:45-10:45 Kathy YAA, GS	Deep Water 7:00-7:55 Francine I/A	Aqua Interval 8:30-9:25 Diane	Deep Water 7:00-7:55 Francine I/A	Aqua Interval 8:30-9:25 Kathy		
	Aqua Interval 8:30-9:30 Diane I/A	Arthritis Plus 9:45-10:45 Kathy YAA, GS	Aqua Zumba® 8:30-9:30 Harumi	Arthritis Plus 9:45-10:45 Kathy YAA, GS		

I/A **I/A INTERMEDIATE/ADVANCED**

FF **FAMILY FRIENDLY. Kids Ages 7+ allowed with parent**

YAA **Y ACTIVE ADULT. Activities designed for older adults**

 **GETTING STARTED. A great place to begin or restart your exercise program**

LOCATIONS

(S1) Studio 1 (S2) Studio 2

(S3) Studio 3 (SR) Scripps Ranch



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AFTERNOON

MONDAY

Kid Friendly Fit
4:00-4:45
Mark(S3)

TRX Combo
5:30-6:30
Emily(S1)

BODY PUMP ©
5:30-6:30
Cheryl(S3)

Cycle
6:30-7:30
Meredith(S2) FF

Hatha Yoga
6:45-7:45
Francine (S3)

Zumba ©
6:45-7:45
Harumi (S1)

Aqua Interval
6:35-7:30pm
Kristianne

TUESDAY

Kid Friendly Fit
4:00-4:45
Eduardo (S3)

Extreme Fit
5:45-6:45
Rob(S3)

Cycle / Core
6:30-7:30
Cyndi/ Rachelle(S2) FF

Tai Chi
7:00-8:00
Patty B.(S1)(GS)(YAA)

Aqua Zumba ©- Pool
6:35-7:30
Gerty

WEDNESDAY

Zumba ©
5:30-6:30
Harumi(S1)

BODY PUMP©
6:00- 7:00
Emily (S3)

TKB ©
6:45-7:45
Jimmy (S1)

Gentle Yoga
7:05-8:15
Patty B.(S3) GS,YAA,
FF

Aqua Interval
6:35-7:30pm
Kristianne

THURSDAY

Kids Only Fit
4:00-4:45
Rob(S3)

Step
5:45-6:45
Mimi(S1) GS

BODY PUMP ©
6:00 -7:00
Emily (S3)

Cycle
6:30-7:30
Vince (S2) FF

HathaYoga
7:00-8:00
Nancy(S1)

Zumba ©
7:15-8:15
Mary Rose (S3)

FRIDAY

Zumba ©
5:30-6:30
Thomas(S1) GS

BODY PUMP ©
6:00-7:00
Fleeta (S3)

SATURDAY

SUNDAY

MONTHLY UPDATES:

Farmer's Market every Saturday 9-1

TRY STROLLER JAM on Wednesday's 9:30-10:30 at Hilltop Park (outdoors)

Fill out your frequent Yer card and hand it in for a chance to win a free moth of membership.

REMINDERS: Schedule subject to change without prior notice.

Please scan your membership card before class.

Please be respectful of others in class.