



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JACKIE ROBINSON FAMILY YMCA GROUP EXERCISE SCHEDULE | DECEMBER

MORNING

MONDAY

FOREVER FIT
8:45 - 9:40
Katrina (IG)

CYCLING
9:15 - 10:10
Rachel (S2) ★GS

TRANSFORMATION CHALLENGE
9:00 - 9:55 \$

HOT HULA FITNESS®
9:00 - 9:55
Donesha (S1) 7+

ZUMBA®
10:15 - 11:10
Gina (S1)

DANCE! LINE DANCING
10:30 - 11:30
(2nd & 4th Monday of each month)
Pat (IG)

FUSION YOGA
10:30 - 11:25
Rayna (S2) ♥

TUESDAY

TRANSFORMATION CHALLENGE
9:00 - 9:55 \$

U-JAM®
9:15 - 10:10
Eric (S1) ♥ 7+

FOREVER FIT
9:30 - 10:25
Katrina (IG) ♥

GENTLE YOGA
9:30 - 10:25
Gina (S2) ☺ ♥

WEDNESDAY

RESTORATIVE YOGA
8:00 - 8:55
Allison (S2) ★GS ♥

TRANSFORMATION CHALLENGE
9:00 - 9:55 \$

CYCLING
9:15 - 10:10
Bety (S2) ◆

TAI CHI
9:30-11:00
Joyce
Ages 55+ Only (IG)

ZUMBA®
10:15 - 11:10
Gina (S1) 7+

THURSDAY

TRANSFORMATION CHALLENGE
9:00 - 9:55 \$

FOREVER FIT
9:30 - 10:25
Katrina (IG)

U-JAM®
9:30 - 10:25
Renelynne (S1) 7+

HATHA YOGA
9:30 - 10:25
Lisa (S2) ★GS ♥

FRIDAY

CYCLING
9:00 - 9:55
Charlene (S2) ◆

BODYPUMP®
9:00 - 9:55
LaKemba (S1) ◆

FUSION YOGA
9: - 10:25
Ashley (S2) **NEW!**

ZUMBA®
10:15 - 11:10
Martha (S1) 7+ ★GS

SATURDAY

CYCLING
8:15 - 9:10
Jerome A. (S2) ◆ ☺

ZUMBA®
8:30 - 9:25
Gina (S1) 7+

HATHA YOGA
9:30 - 10:25
Stephanie (S2) ☺

BODYPUMP®
9:45 - 10:40
Jerome R. (S1) ◆

MEDITATION
10:30 - 10:45
Stephanie (S2) **NEW!**

BODYCOMBAT®
10:50 - 11:45
Jerome R. (S1) ☺

DANCE! AFRICAN DANCE
11:00 - 12:30
Aminisha (IG)

SUNDAY NO GROUP EXERCISE CLASSES

HOURS OF OPERATION

Mon. - Fri.	5:30 a.m. - 9 p.m.
Saturday	7 a.m. - 6 p.m.
Sunday	8 a.m. - 5 p.m.

CHILD WATCH HOURS

Ages 6 weeks - 6 years

Mon. - Thurs.	7:45-11:45 a.m. 4:15-8:15 p.m.
Friday	7:45-11:45 a.m. 4:15-7:15 p.m.
Saturday	8 a.m. - 12 p.m.

KIDS CLUB HOURS

Ages 7-12 years

Mon. - Thurs.	4:15-8:15 p.m.
Friday	4:15-7:15 p.m.
Saturday	8 a.m. - 12 p.m.

151 YMCA Way • San Diego, CA 92102
619-264-0144

ymca.org/jackierobinson

TRANSFORMATION CHALLENGE

- Two training sessions a week, Monday/Wednesday OR Tuesday/Thursday.
- Accountability for your exercise program.
- Support for when you need it most.
- Motivation to stay on track and reach your wellness goals.
- A fraction of the cost of personal training and scholarships are available!

SPACE IS LIMITED, SIGN UP TODAY!

For more information:

David Pendergrass • dpendergrass@ymca.org
619-264-0144

- ◆ **PASS REQUIRED** Space is limited. Pick up a pass at the Welcome Center.
- ♥ **Y ACTIVE ADULTS ACTIVITIES**
APPROPRIATE FOR OLDER ADULTS
- 7+ **FAMILY FRIENDLY** Children ages 7-12 are encouraged to participate. Must actively participate with parent/guardian.
- ☺ **BABY FRIENDLY** Babies in stroller or carrier are allowed. No toddlers, please.
- ★GS **GETTING STARTED** A great place to begin or restart your exercise program
- I/A **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided
- TBD Instructor to be determined
- \$ **PAID PROGRAM** Registration required

LOCATIONS:

(S1) Studio 1 (S2) Studio 2
(IG) Intergenerational Room



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AFTERNOON/EVENING

MONDAY

CYCLING 5:30 - 6:25 Lizzie (S2)	◆
U-JAM® 6:00 - 6:55 Jerrose (S1)	7+ ☺
TRANSFORMATION CHALLENGE 6:00 - 6:55	\$
CARDIO BOXING 6:00 - 6:55 Will	\$
FUSION YOGA 6:30 - 7:25 Rayna (S2)	
CARDIO BLAST EXPRESS 7:05 - 7:50 Nasara (S1)	7+ ◆

TUESDAY

VINYASA YOGA 5:30 - 6:25 Audrey (S2)	♥
TRANSFORMATION CHALLENGE 5:30 - 6:25	\$
BODYPUMP® EXPRESS 6:00 - 6:45 Melissa (S1)	◆
ZUMBA® 7:00 - 7:55 Rumi (S1)	
EXTREME FIT 7:15 - 8:00 Jilana (Outside Patio)	

WEDNESDAY

EXTREME FIT 5:15 - 6:10 Jilana (S1)	I/A
CYCLING 5:45 - 6:40 Timothy (S2)	◆ ☺
TRANSFORMATION CHALLENGE 6:00 - 6:55	\$
CARDIO BOXING 6:00-6:55 Will	\$
CARDIO/STRENGTH EXPRESS 6:35 - 7:20 Jackie (S1)	7+
DANCE! LINE DANCING (NEW!) 7:00 - 7:55 Pat (IG)	
ZUMBA® EXPRESS 7:30 - 8:15 Jackie (S1)	◆

THURSDAY

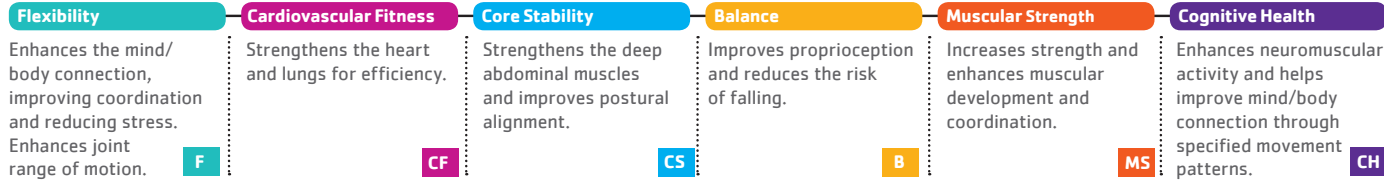
TRANSFORMATION CHALLENGE 5:30 - 6:25	\$
VINYASA YOGA 6:00 - 6:55 Ashlea (S2)	♥
BODYPUMP® EXPRESS 6:00 - 6:45 Eric (S1)	◆
CARDIO BLAST 7:00 - 7:55 Debra (S1)	7+ ◆

FRIDAY **ZUMBA®**
5:45 - 6:40
Jackie (S1) ☺ 7+

SATURDAY NO GROUP EXERCISE CLASSES

SUNDAY NO GROUP EXERCISE CLASSES

Class Benefits:



BODYCOMBAT® (CS, B)
Choreographed non-contact martial arts-inspired workout with moves from karate, taekwondo, boxing, muay thai, capoeira and kung fu

BODYPUMP® (CF, MS, CS)
A pre-choreographed full-body workout program using light to moderate weights, performing high repetition

Cardio Blast (CF, CS, MS)
A total-body, high-intensity cardio and strength workout

Cycling (CF)
Cardio workout to music on specially designed stationary bicycles. Workout towel required.

Extreme Fit (CF, CS, MS)
Rigorous boot camp circuits combining plyometrics, agility, strength and cardio exercises

Forever Fit (CF, MS, CH)
Chair-based fitness using seated and standing exercises

Hatha Yoga (F, B, CH)
Series of traditional postures that release tension and stress

Hot Hula fitness® (CF)
A total-body, high-intensity cardio and strength workout

U-JAM® (CF)
Athletic hip hop dance fitness workout

Vinyasa Yoga (F, CS, B, MS, CH)
Series of poses that unite movement with breath

ZUMBA® (CF)
Combines unique Latin moves and rhythms to create an exciting dynamic workout

MONTHLY UPDATES:

- December 19-January 2.
Watch for adjusted schedule for modified holiday schedule
- Monday, December 24 & 31:
Facility will be open 7am - 2pm.
- Tuesday, December 25:
Facility will be closed in observance of Christmas.
- Tuesday, January 1:
Facility will be open 7am - 5pm.

REMINDERS:

- All schedules are subject to change.
- For list of current substitute schedule, check printed list on wall between studios 1 and 2. Last minute subs will not be listed.
- Youth under the age of 13 can attend only designated classes with parent/guardian participation and need to be actively engaged.
- Please bring your own yoga mat to classes.
- Passes available at Welcome Center 30 min. prior to the start of class
- Shaded classes are under review.
- No cell phone use allowed in studios.
- NOTE: Please do not enter studios after class begins.