



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JACKIE ROBINSON FAMILY YMCA GROUP EXERCISE SCHEDULE | MARCH

MORNING

**MONDAY**

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

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**TRANSFORMATION CHALLENGE**  
9:00 - 9:55 \$

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

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**CYCLING**  
9:15 - 10:10 GS  
Rachel (S2)

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**ZUMBA®**  
10:15 - 11:10  
Gina (S1)

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

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**GENTLE YOGA**  
10:30 - 11:25  
Sandy (S2) ♥

**TUESDAY**

**U-JAM®**  
9:15 - 10:10  
Suzanne (S1) ♥

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**FOREVER FIT**  
9:30 - 10:25 7+  
Katrina (IG)

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

**WEDNESDAY**

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

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**TRANSFORMATION CHALLENGE**  
9:00 - 9:55 \$

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**CYCLING**  
9:15 - 10:10  
Bety (S2) ◆

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**TAICHI**  
9:30 - 11:00  
Joyce (IG)

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**ZUMBA®**  
10:15 - 11:10 7+  
Gina (S1)

**THURSDAY**

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

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**U-JAM®**  
9:30 - 10:25 7+  
Renelynne (S1)

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

**FRIDAY**

**CYCLING**  
9:00 - 9:55  
Charlene (S2) ◆

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**BODYPUMP®**  
9:00 - 9:55  
LaKemba (S1) ◆

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**VINYASA YOGA**  
9:30 - 10:25  
Ashley (CR) NEW!

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

**SATURDAY**

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

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**ZUMBA®**  
8:30 - 9:25 7+  
Gina (S1)

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

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**BODYPUMP®**  
9:45 - 10:40  
Jerrose (S1) ◆

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

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**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](http://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](mailto: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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# JACKIE ROBINSON FAMILY YMCA GROUP EXERCISE SCHEDULE | MARCH

## AFTERNOON/EVENING

**MONDAY**

**CYCLING**  
5:30 - 6:25  
Lizzie (S2) ◆

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**U-JAM®**  
6:00 - 6:55  
Jerrose (S1) ☺ 7+

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**CARDIO BOXING**  
6:00 - 6:55  
Will \$

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**FUSION YOGA**  
6:30 - 7:25  
Rayna (S2)

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**CARDIO BLAST**  
7:05 - 7:50  
Nasara (S1)

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**EXTREME FIT**  
7:15 - 8:00  
Anthony (Outside Patio) 7+ ◆

**TUESDAY**

**VINYASA YOGA**  
5:30 - 6:25  
Audrey (S2) ♥

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**TRANSFORMATION CHALLENGE**  
5:30 - 6:25 \$

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**BODYPUMP® EXPRESS**  
6:00 - 6:45  
Melissa (S1) ◆

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**ZUMBA®**  
7:00 - 7:55  
Rumi (S1)

**WEDNESDAY**

**CYCLING**  
5:45 - 6:40  
Timothy (S2) ◆

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**CARDIO BOXING**  
6:00-6:55  
Will \$

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**CARDIO/STRENGTH EXPRESS**  
6:35 - 7:20  
Jackie (S1)

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**DANCE! LINE DANCING**  
7:00 - 7:55  
Pat (IG) 7+

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**ZUMBA® EXPRESS**  
7:30 - 8:15  
Jackie (S1) ◆

**THURSDAY**

**TAP/BALLET**  
4:00 - 4:55  
Rachel (S2) NEW! \$

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**TAP/BALLET**  
5:00 - 5:55  
Rachel (S2) NEW! \$

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**TRANSFORMATION CHALLENGE**  
5:30 - 6:25 \$

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**VINYASA YOGA**  
6:00 - 6:55  
Ashlea (S2) ♥

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**BODYPUMP® EXPRESS**  
6:00 - 6:45  
Eric (S1) ◆

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**CARDIO BLAST**  
7:00 - 7:55  
Debra (S1) ◆

**FRIDAY**

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

**SATURDAY**

NO GROUP EXERCISE CLASSES

**SUNDAY**

NO GROUP EXERCISE CLASSES

### MONTHLY UPDATES:

- Saturday, March 16:  
Attend our Nutrition Seminar led by registered dietitian Dr. Jones: Diets Gone Wild! Breaking Down the Most popular Diets! Held in the intergenerational room, Saturday, March 16, 9:30-11:00am. Free, registration required.

### 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.

### Class Benefits:

Flexibility	Cardiovascular Fitness	Core Stability	Balance	Muscular Strength	Cognitive Health
Enhances the mind/body connection, improving coordination and reducing stress. Enhances joint range of motion. <b>F</b>	Strengthens the heart and lungs for efficiency. <b>CF</b>	Strengthens the deep abdominal muscles and improves postural alignment. <b>CS</b>	Improves proprioception and reduces the risk of falling. <b>B</b>	Increases strength and enhances muscular development and coordination. <b>MS</b>	Enhances neuromuscular activity and helps improve mind/body connection through specified movement patterns. <b>CH</b>
<b>BODYCOMBAT®</b> <b>CS B</b> Choreographed non-contact martial arts-inspired workout with moves from karate, taekwondo, boxing, muay thai, capoeira and kung fu	<b>Cycling</b> <b>CF</b> Cardio workout to music on specially designed stationary bicycles. Workout towel required.	<b>Hatha Yoga</b> <b>F B CH</b> Series of traditional postures that release tension and stress	<b>Extreme Fit</b> <b>CF CS MS</b> Rigorous boot camp circuits combining plyometrics, agility, strength and cardio exercises	<b>Hot Hula fitness®</b> <b>CF</b> A total-body, high-intensity cardio and strength workout	<b>Vinyasa Yoga</b> <b>F CS B MS CH</b> Series of poses that unite movement with breath
<b>BODYPUMP®</b> <b>CF MS CS</b> A pre-choreographed full-body workout program using light to moderate weights, performing high repetition	<b>Forever Fit</b> <b>CF MS CH</b> Chair-based fitness using seated and standing exercises	<b>ZUMBA®</b> <b>CF</b> Combines unique Latin moves and rhythms to create an exciting dynamic workout			
<b>Cardio Blast</b> <b>CF CS MS</b> A total-body, high-intensity cardio and strength workout					