



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JACKIE ROBINSON FAMILY YMCA GROUP EXERCISE SCHEDULE | APRIL

## MORNING

<b>MONDAY</b>	<b>FOREVER FIT</b> 8:45 - 9:40 Katrina (IG)
	<b>TRANSFORMATION CHALLENGE</b> 9:00 - 9:55 \$
	<b>HOT HULA FITNESS®</b> 9:00 - 9:55 Donesha (S1) 7+
	<b>CYCLING</b> 9:15 - 10:10 Rachel (S2) GS
	<b>ZUMBA®</b> 10:15 - 11:10 Gina (S1)
	<b>DANCE! LINE DANCING</b> 10:30 - 11:30 (2nd & 4th Monday of each month) Pat (IG)
	<b>GENTLE YOGA</b> 10:30 - 11:25 Sandy (S2) ♥

<b>TUESDAY</b>	<b>U-JAM®</b> 9:15 - 10:10 Suzanne (S1) ♥
	<b>FOREVER FIT</b> 9:30 - 10:25 Katrina (IG) 7+
	<b>GENTLE YOGA</b> 9:30 - 10:25 Gina (S2) ☺ ♥

<b>WEDNESDAY</b>	<b>RESTORATIVE YOGA</b> 8:00 - 8:55 Allison (S2) GS ♥
	<b>TRANSFORMATION CHALLENGE</b> 9:00 - 9:55 \$
	<b>CYCLING</b> 9:15 - 10:10 Bety (S2) ◆
	<b>ZUMBA®</b> 10:15 - 11:10 Gina (S1) 7+

<b>THURSDAY</b>	<b>FOREVER FIT</b> 9:30 - 10:25 Katrina (IG)
	<b>U-JAM®</b> 9:30 - 10:25 Renelynne (S1) 7+
	<b>HATHA YOGA</b> 9:30 - 10:25 Lisa (S2) GS ♥

<b>FRIDAY</b>	<b>CYCLING</b> 9:00 - 9:55 Charlene (S2) ◆
	<b>BODYPUMP®</b> 9:00 - 9:55 LaKemba (S1) ◆
	<b>VINYASA YOGA</b> 9:30 - 10:25 Ashley (CR) NEW!
	<b>ZUMBA®</b> 10:15 - 11:10 Martha (S1) 7+ GS

<b>SATURDAY</b>	<b>CYCLING</b> 8:15 - 9:10 Jerome A. (S2) ◆ ☺
	<b>ZUMBA®</b> 8:30 - 9:25 Gina (S1) 7+
	<b>HATHA YOGA</b> 9:30 - 10:25 Stephanie (S2) ☺
	<b>BODYPUMP®</b> 9:45 - 10:40 Jerrose (S1) ◆
	<b>MEDITATION</b> 10:30 - 10:45 Stephanie (S2)
	<b>DANCE!</b> <b>AFRICAN DANCE</b> 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)

### TEAM TRAINING

- 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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# JACKIE ROBINSON FAMILY YMCA GROUP EXERCISE SCHEDULE | APRIL

## AFTERNOON/EVENING

**MONDAY**

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

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

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

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

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

**EXTREME FIT**  
7:15 - 8:00  
Anthony 7+

**TUESDAY**

**STRENGTH (AGES 13-17) NEW!**  
4:00 - 5:00  
Starting 4/16  
David (S2)

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

**BODYCOMBAT EXPRESS**  
5:15 - 6:00  
Starting 4/8  
Melissa

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

**BODYPUMP® EXPRESS**  
6:0 - 6:50  
Melissa (S1) ◆

**ZUMBA®**  
7:00 - 7:55  
Rumi (S1)

**WEDNESDAY**

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

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

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

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

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

**THURSDAY**

**TAP/BALLET**  
4:00 - 4:55  
Rachel (CR) \$

**STRENGTH (AGES 13-17) NEW!**  
4:00 - 5:00  
Starting 4/18  
Katie (S2)

**TAP/BALLET**  
5:00 - 5:55  
Rachel (CR) \$

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

**VINYASA YOGA**  
6:00 - 6:55  
Ashlea (S2) ♥ 7+

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

**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:

- **Tuesday, April 8:**  
BODYCOMBAT and BODYPUMP launch party. Come see the newest class and the latest releases! Classes start at 5:15pm and 6:05pm.
- **Tuesday, April 16:**  
New Strength class for 13-17 year old teens and athletes. In this FREE one hour class come get a good workout and an introduction to sport performance training.
- **Saturday, April 27:**  
Invite your friends and families to join in this FREE event that is open to the public. All of the fun and activities will be held out on our back field.

### 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>

**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