



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JACKIE ROBINSON FAMILY YMCA GROUP EXERCISE SCHEDULE | MAY

MORNING

**MONDAY**

**FOREVER FIT**  
8:30 - 9:25  
Katrina (IG)

**TEAM TRAINING**  
9:00 - 9:55 \$

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

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

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

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

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

**TUESDAY**

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

**TEAM TRAINING**  
9:00 - 9:55 \$

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

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

**WEDNESDAY**

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

**TEAM TRAINING**  
9:00 - 9:55 \$

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

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

**THURSDAY**

**TEAM TRAINING**  
9:00 - 9:55 \$

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

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

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

**FRIDAY**

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

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

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

**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  
Jerrose (S1) ◆

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

**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)

**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 (AC) All-Star Complex  
(IG) Intergenerational Room (CR) Community Room



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# JACKIE ROBINSON FAMILY YMCA GROUP EXERCISE SCHEDULE | MAY

## 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 (Outside Patio) 7+ ◆

**TUESDAY**

**STRENGTH (AGES 13-17) NEW!**  
4:00 - 5:00  
David (AC)

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

**BODYCOMBAT EXPRESS**  
5:15 - 6:00  
Melissa

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

**BODYPUMP® EXPRESS**  
6:05 - 6:50  
Melissa (S1) ◆

**ZUMBA®**  
7:00 - 7:55  
Maria (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  
Katie (AC)

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

**TEAM 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:

#### New Strength Class:

Ages 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.

#### Sunday, May 12:

All YMCA's open to the community in observance of Mother's Day.

#### Monday, May 27:

All YMCA's open 7:00am-2:00pm in observance of Memorial Day. See modified group exercise schedule, there will not be any water exercise classes.

### 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>B</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

**Gentle Yoga** **F B CF CH**  
Breathing and relaxation in postures that are gentle on the joints

**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