



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JACKIE ROBINSON FAMILY YMCA GROUP EXERCISE SCHEDULE | JUNE

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 \$

BOXING
9:00 - 9:55 \$
Will (IG)

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
Mary (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

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JACKIE ROBINSON FAMILY YMCA GROUP EXERCISE SCHEDULE | JUNE

AFTERNOON/EVENING

MONDAY

CYCLING
5:30 - 6:25
Lizzie (S2) ◆

ZUMBA®
6:00 - 6:55
Maria (S1) 7+ ☺

BOXING
6:00 - 6:55
Will (IG) \$

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

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

BODYCOMBAT EXPRESS
5:15 - 6:00
Melissa

TEAM TRAINING EXPRESS
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) ◆

BOXING
6:00 - 6:55
Will (IG) \$

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

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

THURSDAY

TEAM TRAINING
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+

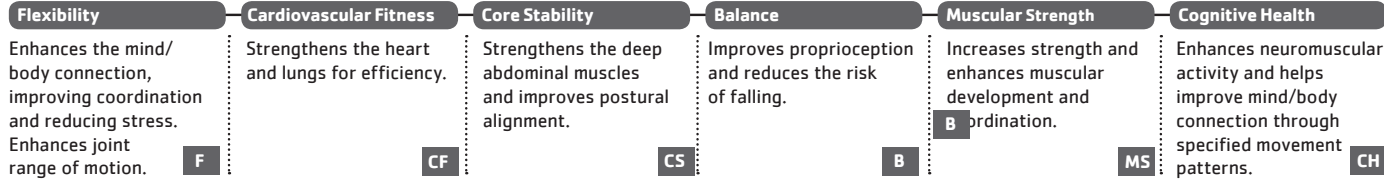
SATURDAY

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

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

MONTHLY UPDATES:

Sunday, June 16:

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

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.