## Group Exercise Schedule | August

### Monday
- **Forever Fit**
  - 8:30 - 9:25
  - Katrina (IG)
- **Team Training**
  - 9:00 - 9:55
  - TBD (S2)
- **Hot Hula Fitness®**
  - 9:00 - 9:55
  - Donesha (S1)
- **Cycling**
  - 9:15 - 10:10
- **Zumba®**
  - 10:15 - 11:10
  - Gina (S1)

### Tuesday
- **Dance! Line Dancing**
  - 10:30 - 11:25
  - (2nd & 4th Monday of each month)
  - Pat (IG)
- **Gentle Yoga**
  - 10:30 - 11:25
  - Sandy (S2)

### Wednesday
- **U-Jam@**
  - 9:15 - 10:10
  - Suzanne (S1)
- **Team Training**
  - 9:00 - 9:55
  - TBD (S2)
- **Boxing**
  - 9:00 - 9:55
  - Will (IG)
- **Forever Fit**
  - 9:30 - 10:25
  - Katrina (IG)
- **Gentle Yoga**
  - 9:30 - 10:25
  - Lisa (S2)

### Thursday
- **Team Training**
  - 9:00 - 9:55
  - TBD (S2)
- **U-Jam@**
  - 9:15 - 10:10
  - Renelynn (S1)
- **Forever Fit**
  - 9:30 - 10:25
  - Katrina (IG)
- **Zumba®**
  - 10:15 - 11:10
  - Lisa (S2)

### Friday
- **Cycling**
  - 9:15-10:10
  - Mary (S2)
- **BodyPump®**
  - 9:00 - 9:55
- **Zumba®**
  - 8:30 - 9:25
  - Gina (S1)
- **Hatha Yoga**
  - 9:30 - 10:25
  - LaKemba (S1)
- **Team Training**
  - 9:00 - 9:55
  - TBD (S2)
- **Zumba®**
  - 10:15 - 11:10
  - Martha (S1)

### Saturday
- **Cycling**
  - 8:30 - 9:10
  - Jerome A. (S2)
- **Zumba®**
  - 8:30 - 9:25
  - Gina (S1)
- **Hatha Yoga**
  - 9:30 - 10:25
  - Stephanie (S1)
- **BodyPump®**
  - 9:45 - 10:40
  - Jerrose (S1)
- **Meditation**
  - 10:30 - 10:45
  - Stephanie (S1)
- **Dance! African Dance**
  - 11:00 - 12:30
  - Aminisha (IG)

### Hours of Operation
- Mon. - Fri.: 5:30 am - 9 pm
- Saturday: 7 am - 6 pm
- Sunday: 8 am - 5 pm

### Locations:
- (S1) Studio 1
- (S2) Studio 2
- (AC) All-Star Complex
- (IG) Intergenerational Room
- (CR) Community Room

### 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!

### Sign Up Today!
For more information:
David Pendergrass • dpendergrass@ymca.org
619-264-0144

ymca.org/jackierobinson
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<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>CYCLING 5:30 - 6:25 Lizzie (S2)</td>
<td>ZUMBA® 5:45 - 6:40 Jackie (S1)</td>
<td>CYCLING 5:45 - 6:40 Timothy (S2)</td>
<td>TEAM TRAINING 5:30 - 6:25</td>
<td>ZUMBA® 5:45 - 6:40 Jackie (S1)</td>
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<td>ZUMBA® 6:00 - 6:55 Maria (S1)</td>
<td>BOXING 6:00 - 6:55 Will (IG)</td>
<td>BOXING 6:00 - 6:55 Will (IG)</td>
<td>VINYASA YOGA 6:00 - 6:55 Ashlea (S2)</td>
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<td>FUSION YOGA 6:30 - 7:25 Rayna (S2)</td>
<td>CARDIO/STRENGTH EXPRESS 6:30 - 7:25 Jackie (S1)</td>
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<td>BODYPUMP® 6:00 - 6:55 Eric (S1)</td>
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<td>CARDIO BLAST 7:00 - 7:45 Nasara (S1)</td>
<td>TEAM TRAINING 5:30 - 6:25</td>
<td>TEAM TRAINING 5:30 - 6:25</td>
<td>CARDIO BLAST 7:00 - 7:55 Debra (S1)</td>
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<td>EXTREME FIT 7:15 - 8:00 Anthony (Outside Patio)</td>
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**Class Benefits:**

- **Flexibility**
  - Enhances the mind/body connection, improving coordination and reducing stress. Enhances joint range of motion.
- **Cardiovascular Fitness**
  - Strengthens the heart and lungs for efficiency.
- **Core Stability**
  - Strengthens the deep abdominal muscles and improves postural alignment.
- **Balance**
  - Improves proprioception and reduces the risk of falling.
- **Muscular Strength**
  - Increases strength and enhances muscular development and coordination.
- **Cognitive Health**
  - Enhances neuromuscular activity and helps improve mind/body connection through specified movement patterns.

**REMARKS:**
- 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 Descriptions:**

- **Cycling**
  - Cardio workout to music on specially designed stationary bicycles. Workout towel required.
- **Body Combat®**
  - Choreographed non-contact martial arts-inspired workout with moves from karate, taekwondo, boxing, muay thai, capoeira and kung fu.
- **Body Pump®**
  - A pre-choreographed full-body workout program using light to moderate weights, performing high repetition.
- **Cardio Blast**
  - A total-body, high-intensity cardio and strength workout.
- **Cycling**
  - Cardio workout to music on specially designed stationary bicycles. Workout towel required.
- **Boxing**
  - Rigorous boot camp circuits combining plyometrics, agility, strength and cardio exercises.
- **Forever Fit**
  - Chair-based fitness using seated and standing exercises.
- **Fusion Yoga**
  - Enjoy the exploration of different Yoga styles.
- **Gentle Yoga**
  - Breathing and relaxation in postures that are gentle on the joints.