

JACKIE ROBINSON FAMILY YMCA GROUP EXERCISE SCHEDULE | SEPTEMBER

MORNING

MONDAY

FOREVER FIT
8:30 - 9:25
Katrina (1G)

TEAM TRAINING
9:00 - 9:55 \$

CYCLING
9:15 - 10:10
Alex (S2)

ZUMBA®
10:15 - 11:10 ★
Gina (S1)

DANCE! LINE DANCING
10:30 - 11:25
(2nd & 4th Monday of each month)
Pat (1G)

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 (1G)

FOREVER FIT
9:30 - 10:25 7+ ♥
Katrina (1G)

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

WEDNESDAY

RESTORATIVE YOGA
8:00 - 8:55 ★
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 \$

U-JAM®
9:15 - 10:10 7+ ♥
Renelyne (S1)

FOREVER FIT
9:30 - 10:25x
Katrina (1G)

HATHA YOGA
9:30 - 10:25 ★
Lisa (S2)

FRIDAY

CYCLING
9:15-10:10 ♦
Mary (S2)

BODYPUMP®
9:00 - 9:55 ♦
LaKemba (S1)

ZUMBA®
10:15 - 11:10 7+ ★
Martha (S1)

SATURDAY

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

ZUMBA®
8:30 - 9:25 7+ ♥
Gina (S1)

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 (1G)

SUNDAY NO GROUP EXERCISE CLASSES

HOURS OF OPERATION

Mon. - Fri. 5:30 am - 9 pm
 Saturday 7 am - 6 pm
 Sunday 8 am - 5 pm

CHILD WATCH HOURS

Ages 6 weeks - 6 years

Mon. - Thurs. 7:45-11:45 am
 4:15-8:15 pm
 Friday 7:45-11:45 am
 4:15-7:15 pm
 Saturday 8 am - 12 pm

KIDS CLUB HOURS

Ages 7-12 years

Mon. - Thurs. 4:15-8:15 pm
 Friday 4:15-7:15 pm
 Saturday 8 am - 12 pm

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.

★ **GETTING STARTED** A great place to begin or restart your exercise program

1/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
 (1G) Intergenerational Room (CR) Community Room

JACKIE ROBINSON FAMILY YMCA GROUP EXERCISE SCHEDULE | SEPTEMBER

AFTERNOON/EVENING

MONDAY

CYCLING
 5:30 - 6:25
 Lizzie (S2) ◆

ZUMBA® 7+
 6:00 - 6:55
 Maria (S1) ☺

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

TEAM TRAINING \$
 6:00 - 6:55

VINYASA YOGA
 6:30 - 7:25
 Rayna (S2)

CARDIO BLAST
 7:00 - 7:45
 Nasara (S1) ◆

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

TUESDAY

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

BODYCOMBAT EXPRESS
 5:15 - 6:00
 Melissa

TEAM TRAINING \$
 6:00 - 6:55

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

ZUMBA®
 7:00 - 7:55
 Maria (S1)

WEDNESDAY

CYCLING
 5:45 - 6:40
 Timothy (S2) ◆

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

TEAM TRAINING \$
 6:00 - 6:55

CARDIO/STRENGTH EXPRESS
 6:30 - 7:25
 Jackie (S1)

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

THURSDAY

BODYCOMBAT EXPRESS
 5:15 - 6:00
 *Starting 8/19 **NEW!**
 Manuel (S1)

TEAM TRAINING \$
 5:30 - 6:25

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

BODYPUMP®
 6:00 - 6:55
 Eric (S1) ◆

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

FRIDAY

ZUMBA®
 5:45 - 6:40
 Jackie (S1) ☺ 7+

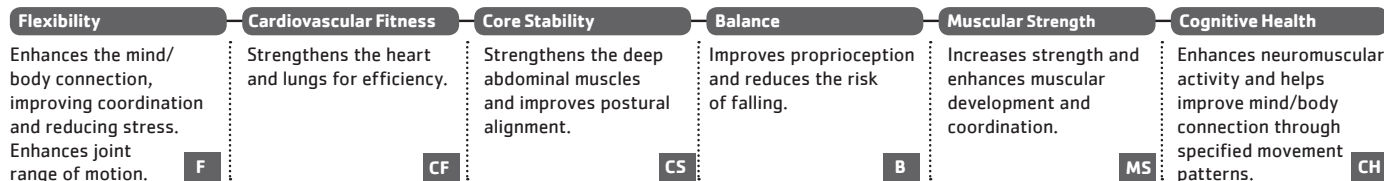
SATURDAY

NO GROUP EXERCISE CLASSES

SUNDAY

NO GROUP EXERCISE CLASSES

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

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

Monday, September 2:
 All YMCA's open to the community 7:00am-2:00pm in observance of Labor Day. Please see modified schedule.

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.