



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PENINSULA FAMILY YMCA GROUP EXERCISE SCHEDULE | DECEMBER

MORNING

MONDAY

CARDIO BLAST
6:00 - 6:50
Charlotte (FG)

CYCLING
6:00 - 6:50
Julie (MPR)

HYDRO HEALING
6:30 - 7:20
Sallie (P)

PILATES
7:00 - 7:50
Robyn (GRX)

AQUA FIT/DEEP
7:35 - 8:25
Sallie (P)

ZUMBA @
8:00 - 8:50
Rachel (GRX)

BODYPUMP EXPRESS@
9:00 - 9:50
Diana (GRX)

FOREVER FIT
9:00 - 9:50
Sallie (SPBS*)

STRETCH/STRENGTH
10:00 - 10:50
Sarah V. (MPR)

FUSION YOGA
10:00 - 10:50
Jane (GRX)

FUSION YOGA
11:00 - 11:50
David (GRX)

DANCE!
11:00 - 11:50
Sarah V. (MPR)

AQUA FIT
11:05 - 11:55
Marion (P)

TUESDAY

BODYPUMP EXPRESS@
6:00 - 6:50
Sarah M. (GRX)

HYDRO HEALING
6:30 - 7:20
Sallie (P)

CARDIO BLAST
7:00 - 7:50
Jeanie (GRX)

AQUA FIT/DEEP
7:35 - 8:25
Sallie (P)

COREFIT/ CIRCUT
8:00 - 8:50
Megan (GRX)

CYCLING
9:00 - 9:50
Elizabeth (MPR)

STABILITY BALL
9:00 - 9:50
Julie (GRX)

HATHA YOGA
10:00 - 10:50
Jen S. (GRX)

CORE FIT
11:00 - 11:20
Sarah V. (GRX)

AQUA FIT
11:05 - 11:55
Marion (P)

EXERCISE LITE
11:30 - 12:20
Sarah V. (GRX)

ZUMBA@
11:15 - 12:05
Rachel (MPR)

WEDNESDAY

CARDIO BLAST
6:00 - 6:50
Charlotte (FG)

AQUA FIT/DEEP
7:35 - 8:25
Sia (P)

PILATES
7:00 - 7:50
Marianne (GRX)

BODYPUMP@
8:00 - 9:15
Sarah M. (GRX)

KUNDALINA YOGA
8:00 - 8:50
Banoo (MPR)

TAI CHI CHUAN
9:00 - 9:50
John P. (MPR)

FOREVER FIT
9:00 - 9:50
Elke (PLPC)

ZUMBA GOLD TONING@
9:30 - 10:20
Lisbeth (GRX)

STRETCH/STRENGTH
10:00 - 10:50
Sarah V. (MPR)

HATHA/FUSION YOGA
10:30 - 12:00
Anne (GRX)

DANCE!
11:00 - 11:50
Sarah V. (MPR)

AQUA FIT/DEEP
11:05 - 11:55
Marion (P)

THURSDAY

BODYPUMP EXPRESS@ **NEW!**
6:00 - 6:50
Rachel (GRX)

EXTREME FIT
6:00 - 6:50
Suzi (FG)

AQUA DANCE
7:00 - 7:50
Simone (P)

STRENGTH
7:00 - 7:50
Robyn R. (GRX)

DANCE! CARDIO MIX
8:00 - 8:50
Sarah V. (GRX)

CX WORX@
8:00 - 8:45
Diana (MPR/GB)

CYCLING
9:00 - 9:50
Diana (MPR/GB)

STABILITY BALL
9:00 - 9:50
Pam (GRX)

HATHA YOGA
10:00 - 10:50
Jen S. (GRX)

CORE FIT
11:00 - 11:20
Sarah V. (GRX)

AQUA FIT
11:05 - 11:55
Jeanie (P)

EXERCISE LITE
11:30 - 12:20
Sarah V. (GRX)

FRIDAY

STRENGTH
6:00 - 6:50
Elke (GRX)

BALANCE/STRENGTH
7:00 - 7:50
Suzi (GRX)

AQUA FIT DEEP
7:05 - 7:55
Simone (P)

ZUMBA @
8:00 - 8:50
Lydia (GRX)

CYCLING
8:00 - 8:50
David (MPR)

TAI CHI CHUAN
9:00 - 9:50
John P. (MPR)

FOREVER FIT
9:00 - 9:50
Elke (SPBS*)

BODYPUMP EXPRESS@
9:00 - 9:50
Ashley (GRX)

VINYASA YOGA
10:00 - 10:50
Sylvia (GRX)

STRETCH/STRENGTH
10:00 - 10:50
Sarah V. (MPR)

BALANCE/STRENGTH
11:00 - 11:50
Julie (MPR)

ZUMBA@
11:05 - 11:55
Lisbeth (GRX)

AQUA FIT/DEEP
11:05 - 11:55
Marion (P)

SATURDAY

CARDIO BLAST
7:30 - 8:20
Charlotte (FG)

FUSION YOGA
8:00 - 8:50
Cecilia (MPR)

EXTREME FIT
8:30 - 9:20
Diana (GB)

CX WORX@
9:30 - 10:05
Diana (GB)

CYCLING
9:00 - 9:50
Elizabeth (MPR)

FUSION YOGA
10:00 - 10:50
Anne (GB/MPR*)
*See front desk for info

SUNDAY

CYCLING
10:10 - 11:00
Kelly (MPR)

BALANCE/STRENGTH
11:30 - 12:20
Julie (MPR)

LOCATIONS

MPR: Multi-Purpose Room
P: Patio
GB: Green Belt
GRX: Group Exercise Room

FG: Haus Family Gym
SPBS: Saint Peters By the Sea (offsite)
PLPC: Point Loma Presbyteruian Church (Offsite)

PASS REQUIRED Space is limited. Pick up a pass at the Welcome Center.

BABY FRIENDLY Babies in stroller or carrier are allowed. No toddlers, please.

Formerly Family Friendly. Children ages 7-12 and parent/guardian must actively participate together. OR, min. age denoted.

Y ACTIVE ADULTS Activities designed for older adults (50+)

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

INTERMEDIATE/ADVANCED Higher intensity and advanced instruction provided

FEE-BASED Fee-based class



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PENINSULA FAMILY YMCA GROUP EXERCISE SCHEDULE | DECEMBER

AFTERNOON/EVENING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES 4:30 - 5:20 Marianne (GRX) 7+	FUSION YOGA 4:30 - 5:20 David (GRX) I/A	PARKINSONS 12:00 - 12:50 Lisbeth (SPBS)	CORE FIT 5:00 - 5:40 Julie (MPR) 7+			FUSION YOGA 12:30 - 1:20 David (MPR) ♥
DANCE! CARDIO MIX 5:30 - 6:20 Lauren F. (GRX)	CX WORX® 5:00 - 5:45 Diana (GB/MPR) I/A	STRETCH/STRENGTH 4:30 - 5:30 Sarah V. (GRX) 7+	CYCLING 6:00 - 6:50 Kelly (MPR) ♦			FUSION YOGA 1:30 - 2:20 David (MPR) ♥
HITT 5:30 - 6:20 Audrey (GB/MPR) I/A	BODYPUMP EXPRESS® 5:30 - 6:20 Peggy (GRX) I/A	ZUMBA® 5:30 - 6:20 Lydia (GRX) 7+	BODYPUMP EXPRESS® 5:30 - 6:20 Peggy (GRX) I/A			
CYCLING 6:00 - 6:50 David (MPR) ♦	PILATES 6:00 - 6:50 Robyn (MPR) 7+	HIIT 5:30 - 6:20 Diana (GB/MPR) I/A	KARATE 7:30 - 9:00 Chris (GRX) \$ I/A			
HATHA YOGA 6:30 - 7:20 Banoo (GRX) 7+	KARATE INTRO 6:30 - 7:20 Erik (GRX) \$ 7+	HATHA YOGA 6:30 - 7:20 Jen S. (GRX)				
	KARATE 7:30 - 9:00 Erik (GRX) I/A					

MONTHLY UPDATES:

UPCOMING HOLIDAY HOURS:

- Christmas Eve: 7:00 am-2:00 pm
- Christmas Day: CLOSED
- New Years Eve: 7:00 am -2:00 pm
- New Years Day: 7:00 am-5:00 pm

- LIVESTRONG at the YMCA. Next session begins January 7th. Contact Wellness Director Audrey Hillman at ahillman@ymca.org for more information.
- NEW CLASS! Body Pump Express Thursdays 6:00am with Rachel. Please see the GX schedule for more information.

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REMINDERS:

- All schedules are subject to change.
- For class descriptions & levels see class description flier at the Welcome Center.
- For substitutions/alternate instructors, check missionvalley.ymca.org.
- Shaded classes are under review.
- No cell phone use allowed in studios.
- **NOTE:** Please do not enter studios after class begins.