



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PENINSULA FAMILY YMCA GROUP EXERCISE SCHEDULE | JANUARY

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) | |

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| 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) | |

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|-----------------------------------------------------|------------------------------------------------------------|
| 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) | |

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|---------------------------------------------------------|-----------------------------------------------------------|
| THURSDAY | BODYPUMP EXPRESS@ 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) | |

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| 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) | |

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| 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 |

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| SUNDAY | CYCLING 10:10 - 11:00 Kelly (MPR) |
| | BALANCE/STRENGTH 11:30 - 12:20 Julie (MPR) |

LOCATIONS

MPR: Multi-Purpose Room **FG:** Haus Family Gym
P: Patio **SPBS:** Saint Peters By the Sea (offsite)
GB: Green Belt **PLPC:** Point Loma Presbyteruian Church (Offsite)
GRX: Group Exercise Room

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 | JANUARY

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) I/A |
| 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) | | | GENTLE 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:

New Years Day: 7:00 am-5:00 pm

- LIVESTRONG at the YMCA. Next session begins January 7. 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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GRX: Group Exercise Room

REMINDERS:

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