



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PENINSULA FAMILY YMCA GROUP EXERCISE SCHEDULE | MARCH

MORNING

MONDAY

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

CYCLING
6:00 - 6:50
Julie Q. (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
Megan (GRX)

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

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

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

STABILITY BALL
9:00 - 9:50
Julie C. (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
Rachel (GRX)

TAI CHI CHUAN
9:00 - 9:50
Lily & John (MPR)

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

ZUMBA GOLD TONING®
9:30 - 10:20
Marisol (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 FIT
7:00 - 7:50
Sallie (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
Jen S. (P)

EXERCISE LITE
11:30 - 12:20
Elke (GRX)

FRIDAY

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

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

AQUA FIT DEEP
7:05 - 7:55
Julie Q. (P)

ZUMBA®
8:00 - 8:50
Lydia (GRX)

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

TAI CHI CHUAN
9:00 - 9:50
Lily & John (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 C. (MPR)

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

SATURDAY

CARDIO BLAST
7:00 - 7:50
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 C. (MPR)

LOCATIONS

MPR: Multi-Purpose Room **FG:** Haus Family Gym
P: Pool **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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FOR SOCIAL RESPONSIBILITY

PENINSULA FAMILY YMCA GROUP EXERCISE SCHEDULE | MARCH

AFTERNOON/EVENING

MONDAY

PILATES
4:30 - 5:20
Marianne (GRX) **7+**

ZUMBA®
5:30 - 6:20
Marisol (GRX)

HITT
5:30 - 6:20
Audrey (GB/MPR) **I/A**

CYCLING
6:00 - 6:50
David (MPR) ◆

HATHA YOGA
6:30 - 7:20
Julie C. (GRX) **7+**

TUESDAY

FUSION YOGA
4:30 - 5:20
David (GRX) **I/A**

CX WORX®
5:00 - 5:45
Diana (GB/MPR) **I/A**

BODYPUMP EXPRESS®
5:30 - 6:20
Peggy (GRX) **I/A**

PILATES
6:00 - 6:50
Robyn (MPR) **7+**

KARATE INTRO ★
6:30 - 7:20
Erik (GRX) \$ **7+**

KARATE
7:30 - 8:45
Erik (GRX) **I/A**

WEDNESDAY

STRETCH/STRENGTH
4:30 - 5:20
Sarah V. (GRX)

ZUMBA®
5:30 - 6:20
Lydia (GRX) **7+**

HIIT
5:30 - 6:20
Diana (GB/MPR) **7+**

HATHA YOGA
6:30 - 7:20
Jen S. (GRX) **I/A**

THURSDAY

CORE FIT
5:00 - 5:40
Julie C. (MPR) **7+**

CYCLING
6:00 - 6:50
Kelly (MPR) ◆

BODYPUMP EXPRESS®
5:30 - 6:20
Peggy (GRX) **I/A**

INTRO TO KARATE
6:30 - 7:20
Chris **NEW!**

KARATE
7:30 - 8:45
Chris (GRX) \$ **I/A**

FRIDAY

SATURDAY

SUNDAY

FUSION YOGA
12:30 - 1:20
David (MPR) **I/A** ♥

GENTLE YOGA
1:30 - 2:20
David (MPR) ♥

MONTHLY UPDATES:

- Next **LIVESTRONG®** at the YMCA starts April 1.
- St. Patrick's Day potluck on March 15 at 12:00pm in GRX room (Seventh-Day Adventist Church. 4425 Valeta St. San Diego, 92107).

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.

LOCATIONS

MPR: Multi-Purpose Room
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GRX: Group Exercise Room

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