



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RANCHO FAMILY GROUP EXERCISE SCHEDULE | DECEMBER

## MORNING • LAND

**MONDAY**

**BODYPUMP®**  
6:00 - 7:00  
Rachelle (S3)

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**ZUMBA®**  
8:15 - 9:15  
Harumi O. (S3)

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**HIIT**  
9:15 - 10:15  
Emily (S1) **I/A**

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**CIRCUIT TRAINING**  
9:30 - 10:00  
Sebastian (Outside)

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**CARDIO BLAST**  
9:30 - 10:30  
Cathy (S3) **I/A**

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**CYCLING**  
9:30 - 10:30 **GS**  
Nicci (S2) **7+**

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**TRX®**  
10:30 - 11:30  
Cathy (S1)

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**HATHA YOGA**  
10:45 - 11:45  
Francine (S3)

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**ZUMBA GOLD®**  
11:45 - 12:30  
Thomas (S1) ♥

**TUESDAY**

**CARDIO BLAST**  
6:00 - 7:00  
Becky (S3)

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**BODYPUMP®**  
8:00 - 9:00  
Cheryl (S3)

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**PILATES**  
8:00 - 9:00 **GS**  
Harumi H. (S1)

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**PILATES**  
9:15 - 10:15 **I/A**  
Harumi H. (S1)

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**BODYCOMBAT®**  
9:15 - 10:15  
Cheryl (S3)

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**HI-LO CARDIO** **GS**  
10:30 - 11:30 **7+**  
Diane (S1)

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**FOREVER FIT** **GS**  
11:00 - 12:00 ♥  
Francine (S3)

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**CHAIR YOGA**  
12:00 - 12:30 ♥  
Francine (S3)

**WEDNESDAY**

**STRENGTH**  
6:00 - 7:00  
Becky (S3)

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**ZUMBA®**  
8:15 - 9:15  
Shelley (S3)

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**STROLLER JAM**  
9:00 - 10:00  
Rachelle(Hilltop Park)

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**STRENGTH**  
9:15 - 10:15  
Jenn (S1)

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**CARDIO BLAST**  
9:30 - 10:30 **I/A**  
Carmen (S3)

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**CIRCUIT TRAINING**  
9:30 - 10:00  
Staff (Outside)

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**CYCLING**  
9:30 - 10:30  
Emily (S2)

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**RESTORATIVE YOGA** **GS**  
10:30 - 11:30 ♥  
Francine (S1)

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**POWER YOGA**  
10:45 - 11:45 **I/A**  
Shelley (S3)

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**ZUMBA GOLD®** **GS**  
11:45 - 12:30 ♥  
Thomas (S1)

**THURSDAY**

**CARDIO BLAST**  
6:00 - 7:00  
Carmen (S3)

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**BODYPUMP®**  
8:00 - 9:00  
Cathy (S3)

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**HI-LO CARDIO** **7+**  
9:15 - 10:15 **GS**  
Francine (S3)

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**CORE FIT**  
9:15 - 10:15  
Diane (S1)

---

**TRX®**  
10:30 - 11:30  
Cathy (S1)

---

**FOREVER FIT** **GS**  
11:00 - 12:00 ♥  
Francine (S3)

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**CHAIR YOGA**  
12:00 - 12:30 ♥  
Francine (S3)

**FRIDAY**

**TRX®**  
5:30 - 6:30  
Ruben (S1)

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**CARDIO BLAST/  
STRENGTH**  
6:00 - 7:00  
Carmen (S3)

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**DANCE! CARDIO/  
LINE**  
8:15 - 9:15  
Shelley (S3)

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**HIIT**  
9:15 - 10:15  
Emily (S1)

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**CARDIO BLAST**  
9:30 - 10:30 **I/A**  
Wendy (S3))

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**CYCLING**  
9:30 - 10:30 **7+**  
Nicci (S2)

---

**HATHA YOGA**  
10:45 - 11:45  
Emily (S3)

---

**CHAIR YOGA**  
11:30 - 12:15 ♥  
Francine (S1)

**SATURDAY**

**ZUMBA®**  
8:00 - 9:00  
Gerty (S3)

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**STEP**  
8:30 - 9:30  
Mimi M. (S1)

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**CYCLING**  
9:30 - 10:30 **7+**  
Jenn (S2)

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**TURBO KICK**  
9:45 - 10:45  
Jimmy (S1)

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**YOGA**  
11:00 - 12:00  
Patty B./Shelley (S1)

**SUNDAY**

**BODYPUMP®**  
9:00 - 10:00  
Cheryl (S3)

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**ZUMBA®**  
10:15 - 11:15  
Harumi O. (S3)

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**HATHA YOGA** **GS**  
11:15 - 12:15 ♥  
Harumi O. (S3)

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**TAI CHI** **GS**  
11:30 - 12:30 ♥  
Harumi O. (S3)

**RANCHO FAMILY YMCA**  
9410 Fairgrove Lane, San Diego, CA 92129  
858-484-8788

**7+** 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+)

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

**I/A** **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided

**LOCATIONS:**  
(S1) Studio 1 (S2) Studio 2  
(S3) Studio 3

## MORNING • WATER

**MONDAY**

**AQUA INTERVAL**  
8:30 - 9:30  
Cathy D. (Pool)

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**ARTHRITIS®** **GS**  
9:45 - 10:45 ♥  
Tori (Pool)

**TUESDAY**

**COACHED MASTERS**  
5:30 - 6:30  
Staff (Pool)

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**DEEP**  
7:00 - 7:55 **I/A**  
Francine (Pool)

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**AQUA INTERVAL**  
8:30 - 9:30  
Carmen (Pool)

**WEDNESDAY**

**COACHED MASTERS**  
5:30 - 6:30  
Staff (Pool)

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**AQUA INTERVAL**  
8:30 - 9:25  
Diane (Pool)

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**ARTHRITIS®** **GS**  
9:45 - 10:45 ♥  
Diane (Pool)

**THURSDAY**

**COACHED MASTERS**  
5:30 - 6:30  
Staff (Pool)

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**DEEP**  
7:00 - 7:55 **I/A**  
Francine (S3)

---

**AQUA ZUMBA®**  
8:30 - 9:30  
Harumi (Pool)

**FRIDAY**

**AQUA COMBO**  
7:30 - 8:25 **I/A**  
Francine (Pool)

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**AQUA INTERVAL**  
8:30 - 9:25  
Tori (Pool)

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**ARTHRITIS®** **GS**  
9:45 - 10:45 ♥  
Tori (Pool)

**SATURDAY**

**AQUA INTERVAL**  
8:00 - 8:55  
Diane (Pool)



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# RANCHO FAMILY YMCA GROUP EXERCISE SCHEDULE | DECEMBER

## AFTERNOON/EVENING • LAND

**MONDAY**  
**KID FRIENDLY FIT**  
4:00 - 4:45  
Mark (S3)  


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**CARDIO BLAST**  
5:30 - 6:30  
Carmen (S1)  


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**BODYPUMP®**  
5:30 - 6:30  
Cheryl (S3)  


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**CYCLING**  
6:30 - 7:30 **7+**  
Ray (S2)  


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**HATHA YOGA**  
6:45 - 7:45  
Francine (S3)  


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**ZUMBA®**  
6:45 - 7:45  
Harumi O. (S1)

**TUESDAY**  
**CHAIR YOGA** ★GS  
12:00 - 12:30  
Francine (S3) ♥  


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**KID FRIENDLY FIT**  
4:00 - 4:45  
Eduardo (S3)  


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**EXTREME FIT**  
5:45 - 6:45 **I/A**  
Rob (S3)  


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**CYCLING** **7+**  
6:30 - 7:30  
Rachelle (S2) ♥  


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**TAI CHI**  
7:00 - 8:00  
Patty B. (S3)

**WEDNESDAY**  
**ZUMBA®**  
5:30 - 6:30  
Harumi O. (S1)  


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**BODYPUMP®**  
6:00 - 7:00  
Jenn (S3)  


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**CYCLING** **7+**  
6:30 - 7:30  
Cindy (S2)  


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**TURBO KICK**  
6:45 - 7:45  
Jimmy (S1)  


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**GENTLE YOGA** **7+**  
7:05 - 8:15 ★GS ♥  
Patty (S3)

**THURSDAY**  
**CHAIR YOGA** ★GS  
12:00 - 12:30  
Francine (S3) ♥  


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**KID ONLY FIT** **7+**  
4:00 - 4:45  
Rob (S3)  


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**STEP**  
5:45 - 6:45  
Mimi (S1)  


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**BODYPUMP®**  
6:00 - 7:00  
Emily (S3)  


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**HATHA YOGA**  
7:00 - 8:00  
Shauna (S1)  


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**ZUMBA®**  
7:15 - 8:15  
Sandra (S3)

**FRIDAY**  
**ZUMBA®**  
5:30 - 6:30  
Thomas (S1)  


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**BODYPUMP®**  
6:00 - 7:00  
Fleeta (S3)

**SATURDAY**

**SUNDAY**

### FACILITY HOURS

Mon. - Thur. 5:30 am - 10 pm  
 Fri. 5:30 am - 9 pm  
 Saturday 7:00 am - 7:00 pm  
 Sunday 9:00 am - 5:00 pm

### CHILD WATCH HOURS

Ages 6 weeks - 6 years

Mon. - Fri. 8:00 am-12:00 pm  
 4:00 pm-8:00 pm  
 Sat. 8:00 am-12:00 pm

### MONTHLY UPDATES:

- **Every Saturday, 9am - 1pm**  
Farmer's market. Come support your community!
- **Special Holiday Market: Dec. 15, 9am-2pm**  
Get your holiday shopping done at the Farmers Market. Will feature special vendors.
- **December 24: Facility open 5:30am-4:00pm**
- **December 25: Facility CLOSED**
- **December 31: Facility open 5:30am-4:00pm**
- **January 1: Facility open 7:00am-4:00pm**

### REMINDERS:

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

## AFTERNOON/EVENING • WATER

**MONDAY**  
**AQUA INTERVAL**  
6:35 - 7:30  
Carmen (Pool)

**TUESDAY**  
**AQUA INTERVAL**  
6:35 - 7:30  
Carmen (Pool)

**WEDNESDAY**  
**AQUA ZUMBA®**  
6:35 - 7:30  
Lisa (Pool)



Text  
**RFYMCA**  
 to **84483**  
 to receive group  
 exercise changes and  
 monthly updates.