



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RANCHO FAMILY GROUP EXERCISE SCHEDULE | JANUARY

## MORNING • LAND

**MONDAY**

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

---

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

---

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

---

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

---

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

---

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

---

**TRX®**  
10:30 - 11:30  
Cathy (S1)

---

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

---

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

**TUESDAY**

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

---

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

---

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

---

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

---

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

---

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

---

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

---

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

**WEDNESDAY**

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

---

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

---

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

---

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

---

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

---

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

---

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

---

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

---

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

---

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

**THURSDAY**

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

---

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

---

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

---

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

---

**TRX®**  
10:30 - 11:30  
Cathy (S1)

---

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

---

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

**FRIDAY**

**TRX®**  
5:30 - 6:30  
Ruben (S1)

---

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

---

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

---

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

---

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

---

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

---

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

---

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

**SATURDAY**

**ZUMBA®**  
8:00 - 9:00  
Gerty (S3)

---

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

---

**CYCLING**  
9:30 - 10:30  
Diane P. (S2) **7+**

---

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

---

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

**SUNDAY**

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

---

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

---

**HATHA YOGA** **GS**  
11:15 - 12:15  
Emily (S1) ♥

---

**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)

---

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

**TUESDAY**

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

---

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

---

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

**WEDNESDAY**

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

---

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

---

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

**THURSDAY**

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

---

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

---

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

**FRIDAY**

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

---

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

---

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

**SATURDAY**

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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RANCHO FAMILY YMCA GROUP EXERCISE SCHEDULE | JANUARY

## AFTERNOON/EVENING • LAND

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


---

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


---

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


---

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


---

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


---

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

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


---

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


---

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


---

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


---

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

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


---

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


---

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


---

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


---

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

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


---

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


---

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


---

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


---

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


---

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

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


---

**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!
- **January 1:** Facility will be open 7:00am-4:00pm  
BODYPUMP, 8:00am - Emily, Studio 3  
HIIT, 9:15am - Emily, Studio 3  
Yoga, 10:30am - Emily, Studio 3
- **Hiking Club: Saturday, 1/19**  
Poway Lake Hike - Register today!

### REMINDERS:

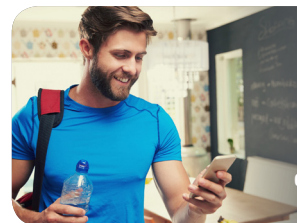
- All schedules are subject to change.
- For class descriptions & levels see class description flyer at the Welcome Center.
- No cell phone use allowed in studios.
- **NOTE:** Please do not enter studios after class begins.

## 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.