



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RANCHO FAMILY GROUP EXERCISE SCHEDULE | MARCH

**WATER EXERCISE CLASSES  
RESUMING MID MARCH**

## MORNING • LAND

**MONDAY**

**BODYPUMP®**  
6:00 - 7:00  
Emily (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  
Staff (Outside)

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

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**CYCLING**  
9:30 - 10:30  
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) **GS**

**TUESDAY**

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

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**EXERCISE LITE** **GS**  
7:00 - 7:45  
Francine (S3) **NEW!**

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

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

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

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

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**HI-LO CARDIO** **GS**  
10:30 - 11:30  
Tori (S1)

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

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**CHAIR YOGA** **GS**  
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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**STRENGTH**  
9:15 - 10:15  
Jenn (S1)

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

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

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

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**RESTORATIVE YOGA** **7+**  
10:30 - 11:30  
Francine (S1)

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**POWER YOGA** **GS**  
10:45 - 11:45  
Shelley (S3)

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**ZUMBA GOLD®**  
11:45 - 12:30  
Thomas (S1) **I/A**

**GS**

**THURSDAY**

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

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**EXERCISE LITE** **GS**  
7:00 - 7:45  
Francine (S3) **NEW!**

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

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

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

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**TRX®**  
10:30 - 11:30  
Cathy (S1)

---

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

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**CHAIR YOGA** **GS**  
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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**EXERCISE LITE** **GS**  
7:00 - 7:45  
Francine (S3) **NEW!**

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

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**KICKBOXING**  
9:15 - 10:15  
Harumi O (S1)

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

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

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

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**CHAIR YOGA** **GS**  
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  
Diane P. (S2) **7+**

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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  
Emily (S1)

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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+** 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  
Staff (Pool)

**TUESDAY**

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

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

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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  
Francine (S3) **I/A**

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

**FRIDAY**

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

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

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

**SATURDAY**

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



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# RANCHO FAMILY YMCA GROUP EXERCISE SCHEDULE | MARCH

## 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** ★  
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  
Emily (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  
Vince (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+** ★  
7:15 - 8:15  
Patty (S3)

**THURSDAY**

**CHAIR YOGA** ★  
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)

### 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 - 12 years

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

## WATER EXERCISE CLASSES RESUMING MID MARCH

## AFTERNOON/EVENING • WATER

**MONDAY**

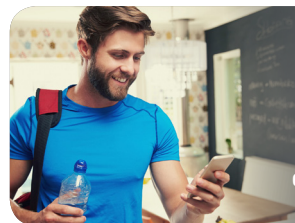
**AQUA ZUMBA®**  
6:35 - 7:30  
Sandra (Pool)

**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.

### MONTHLY UPDATES:

- All Month  
Water EX Classes retuning in March. Dates coming soon!
- Saturday, March 23  
Hiking club at Los Penasquitos Canyon Trail

### 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.