



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)

ZUMBA®
8:15 - 9:15
Harumi O. (S3)

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

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

TUESDAY

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

BODYPUMP®
8:00-9:00
Cheryl (S3)

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

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

BODYCOMBAT®
9:15 - 10:15
Cheryl (S3)

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

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)

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

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

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

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

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

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

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 **GS**
9:15 - 10:15
Francine (S3)

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)

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

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

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

HATHA YOGA
10:45 - 11:45
Shauna (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 **7+**
9:30 - 10:30
Diane P. (S2)

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
Staff (Pool) ♥

TUESDAY

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

DEEP
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
staff (Pool)

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

SATURDAY

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