

Mission Valley YMCA



Group Exercise Class Instructor Substitutes

Week of 10/10/2018 – 10/20/2018

10/10/18	Wednesday	9:30a	Barre	Maryann
10/12/18	Friday	4:30p	Power Yoga	Marguerite
10/12/18	Friday	5:30p	Pilates	Marguerite
10/13/18	Saturday	7:20a	Body Combat	Joanne
10/14/18	Sunday	10:40a	Pilates	Katie
10/14/18	Sunday	11:40a	Core Fit	Katie
10/14/18	Sunday	12:15p	Foam Roller	Katie
10/15/18	Monday	5:05p	Power Yoga	Shoshannah
10/15/18	Monday	5:30p	Body Pump	Brian
10/16/18	Tuesday	5:30p	Body Combat	Mariah
10/16/18	Tuesday	6:30p	Body Pump	Mariah
10/17/18	Wednesday	1:00p	Balance	Cara
10/17/18	Wednesday	6:35p	Zumba	Andrea
10/20/18	Saturday	7:20a	Body Combat	Jenna