

Mission Valley YMCA



Group Exercise Class Instructor Substitutes

Week of 11/30/2018 – 12/08/2018

11/30/18	Friday	4:30p	Power Yoga	Marguerite
11/30/18	Friday	5:30p	Pilates	Marguerite
12/1/18	Saturday	7:30a	Body Combat	Joanne
12/4/18	Tuesday	8:30a	Cycle	TBD
12/4/18	Tuesday	9:30a	Intro Cycle	Chad
12/4/18	Tuesday	10:40a	Forever Fit	Cara
12/4/18	Tuesday	11:30a	Stretch/Strength	Maryann
12/4/18	Tuesday	12:00p	Cycle	Sam B
12/5/18	Wednesday	7:30a	Hatha Yoga	Suze G
12/6/18	Thursday	8:30a	Hatha Yoga	TBD
12/6/18	Thursday	9:30a	Ex Lite	TBD
12/6/18	Thursday	10:40a	Forever Fit	Cara
12/6/18	Thursday	11:30a	Stretch/Strength	Maryann
12/8/18	Saturday	7:30a	Body Combat	Jenna

Modified Group Schedule Group Schedule 12/19/18 – 1/01/2019