



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOHN A. DAVIS FAMILY YMCA GROUP EXERCISE SCHEDULE | MARCH

MORNING

DAY	CLASS	TIME	INSTRUCTOR	LEVEL	NOTES
MONDAY	QIGONG	6:30-7:25	Yali (S3)		
	EXERCISE LITE	7:30-8:25	Kris (S1)		♥
	FUSION YOGA/ PILATES	9:00-10:25	Robbi (S1)		
	KETTLEBELL	9:30-10:25	Debbie (S3)		★
	DANCE!	10:30-11:20	Ed (S1)		♥ 7+ ★
EXERCISE LITE	11:30-12:25	Kathy (S1)		♥	
TUESDAY	TAI CHI	6:30-7:25	John (S1)		
	EXERCISE LITE	7:30-8:25	Kathy (S1)		♥
	CYCLING	8:00-8:55	Linda (S3)		
	STEP	8:30-9:25	Kathy (S1)		
	BODYCOMBAT	9:00-9:55	Larisse (S3)		
FUSION YOGA	9:45-11:00	Mary (S1)		◆	
FOREVER FIT	11:15-12:00	Kris (S1)		♥	
WEDNESDAY	PILATES	6:00-6:55	Erica (S1)		
	QIGONG	6:30-7:25	Yali (S3)		
	DANCE! INTRO	7:30-8:25	Ed (S1)		♥ 7+ ★
	HI-LOW CARDIO	9:00-9:55	Chavva (S1)		
	TRX CIRCUIT	9:30-10:25	Josh (S3)		
VINYASA YOGA	10:30-11:25	Ashley (S1)			
DANCE!	10:30-11:20	Ed (S3)		♥	
EXERCISE LITE	11:30-12:25	Amelia (S1)		♥ 7+ ★	
THURSDAY	TAI CHI	6:30-7:25	John (S1)		
	EXERCISE LITE	7:30-8:25	Kathy (S1)		♥
	CYCLING	8:00-8:55	Linda (S3)		
	STEP	8:30-9:25	Kathy (S1)		
	FUSION YOGA	9:45-11:00	Mary (S1)		◆
FOREVER FIT	11:15-12:00	Kris (S1)		♥	
FRIDAY	PILATES	6:00-6:55	Shauna (S1)		
	QIGONG	6:30-7:25	Yali (S3)		
	EXERCISE LITE	7:30-8:25	Katrina (S1)		♥
	ZUMBA® GOLD	9:00-9:55	Donna (S3)		♥ 7+ ★
	PILATES INTRO	9:00-9:25	Jean (S1)		★
PILATES	9:30-10:25	Jean (S1)		★	
BODYCOMBAT	10:00-10:55am	Larisse (S3)			
FOREVER FIT	10:30-11:15	Kris (S1)		♥	
STRENGTH TRAINING	10:45-11:45	Debbie (S3)		\$	
EXERCISE LITE	11:30-12:25	Katrina (S1)		♥	
SATURDAY	BODYPUMP®	7:45-8:45	Trish (S1)		◆
	FUSION YOGA	8:00-9:25	Susan (S3)		★
	HATHA/VINYASA YOGA	9:00-10:15	Ashley (S1)		I/A
CYCLING/STRENGTH	9:35-10:30	Erich (S3)		◆ I/A	
STEP	10:35-11:30	Kathy (S1)			
STRENGTH/CARDIO Studio Sweat on demand	12:00-1:00	(S1)			
SUNDAY	FUSION YOGA	10:00-11:15	Susan (S1)		★
	FAMILY FIT – Studio Sweat on demand	12:00-12:45pm	(S1)		Ages 2+

WATER CLASSES

MONDAY 10:30-11:30AM Hettie (POOL)	TUESDAY 10:30-11:30AM Peggy (POOL)	WEDNESDAY 10:30-11:30AM Peggy (POOL)
THURSDAY 10:30-11:30AM Josh (POOL)	FRIDAY 10:30-11:30AM Hettie (POOL)	SATURDAY 9:00-10:00 Karen (POOL)

KNOW BEFORE YOU GO

TEXT ALERTS

Receive the latest and greatest information on our group ex classes, pool, and facility! Opt in to as many codes as you like by texting the following group codes to 84483:

- DVYGRUPEX | Group exercise classes
- DVYWATEREX | Water exercise classes
- DVYPOOLS | Pool updates
- DVYFACILITY | Facility information

For details, pick up a flier at our Member Services desk!

TEAM TRAINING

DON'T SEE A SPECIFIC CLASS AT A TIME THAT WORKS FOR YOU?

SIGN UP FOR TEAM TRAINING to work in smaller groups at a convenient time for you and 3-6 of your workout buddies. Team Training can be focused in areas such as yoga, strength and conditioning, Pilates, bootcamp, and more! Register at the front desk for a currently scheduled Team Training (see schedule) or form your own group and contact Josh Beall at jbeall@ymca.org or 619-464-9622 ext. 12206 to arrange a day and time with a trainer that fits your needs!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOHN A. DAVIS FAMILY YMCA GROUP EXERCISE SCHEDULE | MARCH

FACILITY HOURS
MONDAY-THURSDAY: 5:00AM-9:00PM
FRIDAY: 5:00AM-8:00PM
SATURDAY: 7:00AM-6:00PM
SUNDAY: 8:00AM-4:00PM

AFTERNOON/EVENING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GENTLE YOGA 12:30-1:45 Lisa (S3) ♦♥	GENTLE YOGA 12:15-1:30 Duke (S1) ♥☆	GENTLE YOGA 12:30-1:45 Pam (S3) ♦♥☆	GENTLE YOGA 12:15-1:30 Duke (S1) ♥☆	GENTLE YOGA 12:30-1:45 Susan (S1) ♦♥
ARTHRITIS/STRETCH 1:30-2:15 Bobbi (S1) ♥	CHAIR YOGA 1:45-2:40 Duke (S3) ♥	ARTHRITIS/STRETCH 1:30-2:15 Kris (S1) ♥	CHAIR YOGA 1:45-2:40 Duke (S3) ♥	
FOREVER FIT 2:30-3:15 Bonnie (S1) ♥	PARKINSONS/ BALANCE 1:45-2:40 Becki (S1) ♥	FOREVER FIT 2:30-3:15 Amelia (S1) ♥	PARKINSONS/ BALANCE 1:45-2:40 Becki (S1) ♥	
PILATES/BARRE 4:30-5:25 Jean (S1) I/A	EXTREME FIT 4:30-5:15 Chavva (S1)	PILATES 4:30-5:25 Jean (S1) ☆	EXTREME FIT 4:00-4:45 Cindy (S1) I/A	
FUSION YOGA 5:15-6:30 Lisa (S3) ☆	CYCLING/STRENGTH 5:30-6:15 John (S3) I/A	STRENGTH/CORE FIT 5:30-6:25 Anne (S1)	BODYPUMP® 5:00-5:55 Trish (S1) ♦	
STEP 5:30-6:25 Bonnie/Anne (S1)	FAMILY KARATE 6:20-7:20 Casey (S3) \$	BODYCOMBAT® 6:00-6:55 Reiko (S3)	CYCLING/STRENGTH 5:30-6:15 John (S3)	
KUNDALINI YOGA/ MEDITATION 6:45-7:55 Sybilla (S1)	BODYPUMP® 6:45-7:45 Trish (S1) ♦	ZUMBA® 6:30-7:25 Donna (S1) 7+	FAMILY KARATE \$ 6:20-7:20 Casey (S3)	

CHILD WATCH HOURS:

- **MONDAY:** 8:30-11:45AM, 3:50-8:00PM
- **TUESDAY:** 7:55-11:45AM, 3:50-8:00PM
- **WEDNESDAY:** 8:30-11:45AM, 3:50-8:00PM
- **THURSDAY:** 7:55-11:45AM, 3:50-8:00PM
- **FRIDAY:** 8:30-11:45AM, 3:50PM-6:30PM
- **SATURDAY:** 7:30AM-12:00PM
- **SUNDAY:** 9:00AM-11:30AM

ENHANCE YOUR FITNESS

KICKSTART PROGRAM

This is a **FREE** member benefit program open to all members. Members work with a trained wellness coach for three meetings over the course of 4-weeks to set goals, learn how they can overcome barriers, and master machines and exercises that will make the greatest impact.

Stop by the Member Services Desk to schedule your **FREE** KickStart appointment today!

REMINDERS:

- All schedules are subject to change without prior notice. Please check our schedule regularly for the most updated group exercise schedule.
- Members ages 7-12 must have a parent/guardian present in class. Youth need to be actively engaged during class activities.

NOTE: Please do not enter a studio after class has begun.

QUESTIONS?

Please contact Josh Beall, Health and Wellness Director, at jbeall@ymca.org or 619-464-9622.

- ♦ **PASS REQUIRED.** Please pick up a pass at the Welcome Center
- ♥ **Y ACTIVE ADULT.** Activities designed for older adults
- 7+ **FAMILY FRIENDLY.** Children ages 7-12 and parent/guardian must actively participate together.
- ☆ **GETTING STARTED.** A great place to begin or restart your exercise program
- I/A **INTERMEDIATE/ADVANCED.** Higher intensity and advanced instruction provided
- \$ **FEE BASED.** These programs require a fee.

LOCATIONS

(S1) Studio 1 (CW) Child Watch
(S3) Studio 3 (POOL) Pool