



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOE & MARY MOTTINO FAMILY YMCA FAMILY EXERCISE SCHEDULE | MARCH 2020

MORNING

MONDAY

CIRCUIT
8:15 - 9:05
Annie (Outside) 10+

CYCLE/CORE
9:15 - 10:05
Kathy (GER B) 7+

CARDIO BLAST
11:30 - 12:20
Lori (MPR A) 10+

TUESDAY

GENTLE YOGA
9:15 - 10:05
Alexis (GER B) 10+ 65

WEDNESDAY

CYCLING
9:15 - 10:05
Susie (GER B) 7+

STRETCH & BALANCE
10:15 - 11:10
Susie (GER B) 65 10+

THURSDAY

PILATES
8:15 - 9:05
Susie (GER B) 10+

CIRCUIT
8:15 - 9:05
Cesareo (MPR A) 10+

CARDIO BLAST
9:15 - 10:05
Lori (Outside) 10+

VINYASA YOGA
10:15 - 11:10
Amy (Outside) 10+

CHAIR YOGA
11:30 - 12:20
Alexis (GER B) 10+ 65

FRIDAY

CYCLING
9:15 - 10:05
Kathy (GER B) 7+

SATURDAY

CYCLING
8:15 - 9:05
Vince/Erica (GER B) 7+

HATHA YOGA
10:15 - 11:05
Sylvia/Amy (GER B) 7+

AFTERNOON

MONDAY

ZUMBA®
6:30 - 7:20
Djana (MPR A) 7+

TUESDAY

YOGA FLOW
4:15 - 5:05
Rachel (MPR A) 10+

CYCLING
6:30 - 7:20
Kathy (GER B) 7+

WEDNESDAY

DRUMS ALIVE GOLDEN BEATS®
12:30 - 1:20
Alexis (MPR A) 10+ 65

GENTLE YOGA
6:30 - 7:20
Alexis (MPR A) 10+

THURSDAY

CIRCUIT
4:15 - 5:05
Annie (Outside) 10+

CYCLING
6:30 - 7:20
Kathy (GER B) 7+

Please Note

The outdoor classes (Outside) will be cancelled in case of rain.

FOR MORE INFORMATION ON GROUP EXERCISE CLASSES:
Susie Ferrer • 760-758-0808 ext.14024 • sferrer@ymca.org

- NEW** New Classes added to the Y.
- 5+** Children ages 5-12 and parent/guardian must actively participate together.
- 7+** Formerly Family Friendly. Children ages 7-12 and parent/guardian must actively participate together.
- ♥** **Y ACTIVE ADULTS** Activities designed for older adults.
- 65** **GETTING STARTED** A great place to begin or restart your exercise program.
- IA** **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided.

LOCATIONS:

(GER A) Group Exercise Room A **(GER B)** Group Exercise Room B
(MPR A) Multi-Purpose Room A **(POOL)** Outdoor Pool
(FIELD) Side Lawn

REMINDERS:

- Schedule subject to change without prior notice.
- Please check website for most up-to-date information.
- For class descriptions and levels see class description flier at the Welcome Center.
- Please do not enter studio after class has begun.

- Sign up for text updates to your phone at our front desk.

MONTHLY UPDATES:

- Join One, Join All: All YMCA members have access to all 17 locations in San Diego County! For more information, visit mottino.ymca.org!