

MON **CYCLE 30/BODYPUMP 30**
6:00-7:00a m
Jennifer M. (GFS) I/A

STRENGTH I/A
8:00-8:50am
Dena (GFS)

EXERCISE LITE ♥ ☆
8:00-8:50am
Sara (MBS)

AQUA FIT ♥ ☆
8:30-9:25am
Dean (POOL)

CYCLING I/A
9:00- 9:50am
Linda (GFS)

GENTLE YOGA ♥ ☆
9:30-10:50am
Michael (MBS)

BODYPUMP®
10:00-11:00am
Jaci (GFS)

HATHA YOGA
4:15-5:35pm
Claire (MBS)

ZUMBA® 7+
5:30-6:20pm
Sharon (GFS)

STRENGTH
5:45-6:35pm
Laura (MBS)

TUE **CYCLING**
6:00-6:50am
Jennifer M.(GFS)

STEP
8:00-8:50am
Dena T. (GFS)

STRETCH/CORE ♥ ☆
8:00- 8:55am
Kristin U. (MBS)

AQUA FIT/DEEP ♥ ☆
8:30-9:25am
Terri (POOL)

CYCLING EXPRESS 45®
9:00- 9:45am
Vince (GFS)

POWER YOGA I/A
9:00-10:20am
Celine (MBS)

BODYPUMP 30/CXWORX
10:00-11:15am
Kristin U. (GFS)

ADAPTIVE YOGA ♥ ☆
12:30-1:20pm
Carol (MBS)

STEP/STRENGTH
5:30-6:20pm
Donna (MBS)

BODYPUMP®
5:00-6:00pm
Dean (GFS)

HATHA YOGA 7+
6:30- 7:20pm
Harumi (MBS)

WED **HATHA YOGA** ♥ ☆
5:45-6:50ma
Maria (MBS)

TRX \$
7:00-7:50am
Jennifer M. (MBS)

EXERCISE LITE ♥ ☆
8:00-8:50am
Sara (GFS)

STRENGTH
8:00-8:50am
Becky (MBS)

AQUA FIT ♥ ☆
8:30-9:25am
Dean (POOL)

CYCLING
9:00-9:50am
Jennifer M. (GFS)

GENTLE YOGA ♥ ☆
9:30-10:50am
Celine (MBS)

BODYCOMBAT
10:00-10:50am
Cheryl (GFS)

KIDS ONLY FIT (5-12)
4:15- 5:05pm
Dovie (GFS)

HATHA YOGA
4:15-5:35pm
Claire (MBS)

ZUMBA® 7+
5:30-6:20pm
Jennifer P. (GFS)

CIRCUIT
6:30-7:20pm
Kristin S. (GFS)

THU **CYCLING**
6:00-6:50am
Kelli (GFS)

STRENGTH I/A
8:00a - 8:50a
Dena (GFS)

AQUA FIT/DEEP ♥ ☆
8:30-9:25am
Terri (POOL)

CYCLING EXPRESS 45®
9:00- 9:45am
Amy/Callie (GFS)

POWER YOGA I/A
9:00-10:20am
Harumi (MBS)

BODYPUMP 45/CXWORX
10:00-11:15am
Jennifer M. (GFS)

ADAPTIVE YOGA ♥ ☆
12:30-1:20pm
Carol (MBS)

BODYCOMBAT® ♥ ☆
4:30-5:30pm
Valery (GFS)

BODYPUMP®
5:30-6:30pm
Valery (GFS)

TRX \$
5:15-6:15pm

HATHA YOGA 7+
6:30-7:20pm
Maria (MBS)

FRI **CX WORX**
6:00-6:50 am
Maria (GFS)

CYCLING/STRETCH
8:00-8:50am
Jennifer M.(GFS)

STRETCH/CORE ♥ ☆
8:00- 8:50am
Kristin U. (MBS)

AQUA FIT ♥ ☆
8:30-9:25am
Dean (POOL)

BODYPUMP®
9:00-10:00am
Kristin U. (GFS)

GENTLE YOGA ♥ ☆
9:30-10:50am
Michael (MBS)

BODYCOMBAT®
10:10 -11:10am
Cheryl (GFS)

HATHA YOGA
4:15-5:35pm
Harumi (MBS)

SAT **CYCLING**
7:00-7:50am
Kelli (GFS)

PILATES I/A
8:00a - 8:50a
Michelle (MBS)

CIIRCUIT New
8:00- 8:50am
Kristin S. GFS)

HATHA YOGA
9:00-10:20am
Maria (MBS)

BODYPUMP Express 45®
9:00- 9:50am
Donna (GFS) New

SUN **POWER YOGA** I/A
9:15-10:35am
Harumi (MBS)

REMINDERS

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

- New New classes added to the Y.
- \$ Fee Based.
- 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.
- ☆ **Getting Started.** A great place to begin or restart your exercise program.
- I/A **Intermediate/Advanced.** Higher intensity and advanced instruction provided.

- LOCATIONS**
- GFS** Group Fitness Studio
 - MBS** Mind Body Studio
 - POOL** Outdoor Pool
 - FCTR** Fitness Center
 - GYM** Gymnastics Center

- CHILDWATCH HOURS**
- Mon-Thu** 7:45am-12:00pm | 3:45pm-7:00pm
 - Fri** 7:45am-12:00pm | 3:45pm-6:00pm
 - Sat** 7:45am-1:00pm | **Sun** Closed
- Free Childwatch Available with Family Membership (Ages 6 weeks to 12 years)





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISES CLASSES INCLUDED WITH MEMBERSHIP

PALOMAR FAMILY YMCA

Non-members pay the appropriate day use fee. Current group exercise class schedules are available at the Welcome Center and on our website.

Class Benefits:

FLEXIBILITY	CARDIOVASCULAR FITNESS	CORE STABILITY	BALANCE	MUSCULAR STRENGTH	COGNITIVE HEALTH
Enhances the mind/body connection, improving coordination and reducing stress. Enhances joint range of motion.	Strengthens the heart and lungs for efficiency.	Strengthens the deep abdominal muscles and improves postural alignment.	Improves proprioception and reduces the risk of falling.	Increases strength and enhances muscular development and coordination.	Enhances neuromuscular activity and helps improve mind/body connection through specified movement patterns.

CARDIO & STRENGTH

BODYCOMBAT®

A pre-choreographed non-contact martial arts-inspired workout with moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and King Fu.

BODYPUMP®, BODYPUMP® 30 & BODYPUMP® Express

A pre-choreographed full-body workout program using light to moderate weights, performing high repetitions.

Circuit Training

Class progresses through a series of assigned exercise stations.

CXWORX®

CXWORX™ A pre-choreographed, challenging but achievable 30 minute core training workout using crunches, hovers, resistance, tubes and weight plates.

Cycling

Cardio workout to music on specially designed stationary bicycles. Workout towel required.

Exercise Lite

Low impact workout followed by strength and stretching exercises. May include floor work.

Step

High energy choreographed workout that uses adjustable step (step-board optional).

Strength

A full body strength and conditioning class using a variety of equipment.

Stretch / Core

Improve range of motion, joint health and posture. Strengthen your abs, obliques, lower back and more in this core focused class.

Zumba®

Combines unique Latin moves and rhythms to create an exciting dynamic workout.

Gentle Yoga

Breathing and relaxation in postures that are gentle on the joints.

Hatha Yoga

Series of traditional postures that release tension and stress.

Pilates

A sequence of carefully performed movements that strengthen the body, open joints and release tension.

Power Yoga

Dynamic and challenging high-energy workout for experienced yogis.

KID-ORIENTED CLASSES

Kids Only Fit (5-12)

5-12 age appropriate exercises. Parent/Guardian must remain in facility and sign-in is required.

MIND & BODY

Adaptive Yoga

Ideal for pre and post-natal injury recovery and for people with mobility challenges. Enjoy the benefits of yoga utilizing a chair for support.

WATER EXERCISE

Aqua Fit

Low impact water exercise in shallow water. Non-swimmers welcome.

Aqua Fit/Deep

Non-impact exercise in deep water with assistance of a flotation belt.