



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JACKIE ROBINSON FAMILY YMCA GROUP EXERCISE SCHEDULE | MARCH

MORNING

MONDAY

FOREVER FIT 8:30 - 9:25 Katrina (IG) ♥
TEAM TRAINING: SHRED 9:00 - 9:55 \$
BODYPUMP® 9:00 - 9:55 Jessie (S1)
CYCLING 9:15 - 10:10 Alex (S2) ♦
ZUMBA® 10:15 - 11:10 Gina (S1) ★ ⁶⁵

TUESDAY

EXTREME FIT 8:45 - 9:25 Jilana (S1)
U-JAM® 9:30 - 10:25 Kori (S1) 7+
FOREVER FIT 9:30 - 10:25 Katrina (IG) ♥
GENTLE YOGA 9:30 - 10:25 Lisa (S2) ♥

WEDNESDAY

TEAM TRAINING: SHRED 9:00 - 9:55 \$
CYCLING 9:15 - 10:10 Bety (S2) ♦
ZUMBA® 10:15 - 11:10 Gina (S1) 7+

THURSDAY

EXTREME FIT 8:45 - 9:25 Gina (S1)
U-JAM® 9:30 - 10:25 TBD (S1) 7+ ★ ⁶⁵
FOREVER FIT 9:30 - 10:25 Katrina (IG) ♥
HATHA YOGA 9:30 - 10:25 Lisa (S2) ♥

FRIDAY

BARRE 9:15-10:10 Mary (S2)
BODYPUMP® 9:00 - 9:55 LaKemba (S1)
ZUMBA® 10:15 - 11:10 Martha (S1) 7+ ★ ⁶⁵

SATURDAY

CYCLING 8:15 - 9:10 Jerome A. (S2) ♦
ZUMBA® 8:30 - 9:25 Ashley (S1) 7+
HATHA YOGA 9:30 - 10:25 Stephanie (S2) ♦
BODYPUMP® 9:30 - 10:25 Jerrose (S1)
MEDITATION 10:30 - 10:45 Stephanie (S2)
DANCE! AFRICAN DANCE 11:00 - 11:55 Aminisha (S1)

SUNDAY

NO GROUP EXERCISE CLASSES

AFTERNOON/EVENING

MONDAY

SPEED PROGRAM 4:30, 5:30 & 6:30 Ages 9-17 (AC) \$
CYCLING/HIIT 5:45 - 6:25 Lizzie (S2) ♦
ZUMBA® 6:30 - 7:25 Maria (S2) 7+
TEAM TRAINING: BOXING 6:00 - 6:55 \$
TEAM TRAINING: SHRED 6:00 - 6:55 \$
EXTREME FIT 6:15 - 7:00 Anthony (Outside)
CARDIO BLAST 7:00 - 7:45 Nasara (S1) ♦

TUESDAY

BODYCOMBAT EXPRESS 5:15 - 6:00 Eric (S1)
VINYASA YOGA 6:00 - 6:55 TBD (S2) ♥
TEAM TRAINING: STRONG 6:00 - 6:55 \$
BODYPUMP® 6:00 - 6:55 Eric (S1)
ZUMBA® 7:00 - 7:55 Maria (S1) 7+

WEDNESDAY

SPEED PROGRAM 4:30, 5:30 & 6:30 Ages 9-17 (AC) \$
CYCLING/HIIT 5:45 - 6:25 Tim (S2) ♦
TEAM TRAINING: BOXING 6:00 - 6:55 \$
TEAM TRAINING: SHRED 6:00 - 6:55 \$
ZUMBA® 6:00 - 6:55 Jackie (S1)
CYCLING/HIIT 6:30-7:10 Tim (S2) ♦
CARDIO BLAST 7:00 - 7:45 Jackie (S1)

THURSDAY

BODYCOMBAT EXPRESS 5:15 - 6:00 Manuel (S1)
TEAM TRAINING: STRONG 6:00 - 6:55 \$
VINYASA YOGA 6:00 - 6:55 Ashlea (S2) ♥ 7+
BODYPUMP® 6:00 - 6:55 Eric (S1)
CARDIO BLAST 7:00 - 7:55 Debra (S1) ♦

FRIDAY

SPEED PROGRAM 4:30 & 5:30 Ages 9-17 (AC) \$
ZUMBA® 6:00 - 6:55 Elizabeth (S1)

SATURDAY

NO GROUP EXERCISE CLASSES

SUNDAY

NO GROUP EXERCISE CLASSES

MONTHLY UPDATES

- Have you gotten your FREE BodyScan yet? Schedule an appointment with Membership or a Wellness Coach to track your progress using our posture and body fat analyzer!

- Jiu Jitsu, Adult Self Defense, and Friday Night Fight Club classes now available! See Membership for details.

- ♦ **PASS REQUIRED** Space is limited. Pick up a pass at the Welcome Center.
- ♥ **Y ACTIVE ADULTS ACTIVITIES APPROPRIATE FOR OLDER ADULTS**
- 7+ **FAMILY FRIENDLY** Children ages 7-12 are encouraged to participate. Must actively participate with parent/guardian.
- ★ **GETTING STARTED** A great place to begin or restart your exercise program
- IA **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided
- TBD Instructor to be determined
- \$ **PAID PROGRAM** Registration required
- LOCATIONS:**
- (S1) Studio 1 (S2) Studio 2 (AC) All-Star Complex
- (IG) Intergenerational Room (CR) Community Room

Branch Hours | Monday-Friday: 5:30am - 9:00pm | Saturday: 7:00am - 6:00pm | Sunday: 8:00am - 5:00pm

Child Watch Hours | Monday-Thursday: 7:45-12:00pm, 4:15-8:15pm | Friday: 7:45-12:00pm, 4:15-7:15pm | Saturday: 8:00am - 12:00pm



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JACKIE ROBINSON FAMILY YMCA STUDIO SWEAT • ON DEMAND CLASSES | MARCH

MORNING

MONDAY

CYCLE
6:30
Studio 2

HIIT
7:00
Studio 2

BOOTCAMP
9:00
Studio 1

TUESDAY

CYCLE
6:30
Studio 2

BOOTCAMP
6:30
Studio 1

HIIT
7:30
Studio 1

WEDNESDAY

CYCLE
6:30
Studio 2

HIIT
7:00
Studio 2

BOOTCAMP
9:00
Studio 1

THURSDAY

CYCLE
6:30
Studio 2

BOOTCAMP
6:30
Studio 1

HIIT
7:30
Studio 1

FRIDAY

CYCLE
6:30
Studio 2

HIIT
7:00
Studio 2

STRETCH
10:30
Studio 2

SATURDAY

SUNDAY

CYCLE
9:00
Studio 2

BOOTCAMP
9:00
Studio 1

HIIT
10:00
Studio 1

STRETCH
10:30
Studio 2

DANCE
11:30
Studio 1

CYCLE
11:45
Studio 2

AFTERNOON/EVENING

MONDAY

TUESDAY

CYCLE
7:00
Studio 2

WEDNESDAY

BOOTCAMP
5:00
Studio 1

STRETCH
7:30
Studio 2

THURSDAY

CYCLE
7:00
Studio 2

FRIDAY

BOOTCAMP
5:00
Studio 1

CYCLE
5:45
Studio 2

HITT
7:00
Studio 1

STRETCH
7:30
Studio 2

SATURDAY

SUNDAY

REAL PEOPLE. REAL WORKOUTS. REAL RESULTS.

You've now got access to the best onDemand workouts around, brought to you by Studio Sweat! From beginner to advanced - every virtual workout features a live environment and real people, so you'll feel completely immersed!

Classes range from 30-60 minutes and is included in your membership.

Class options include: Bootcamp, Cycle, HIIT & Stretch.
There are currently no Studio Sweat options for Saturday.

ymcasd.org/jackierobinson