



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MISSION VALLEY YMCA | GROUP EX | MARCH

Schedule Updated: 02/24/2020

MORNING (AM)

MONDAY

- STRENGTH**
5:30 - 6:25
Nanette (S1) **I/A**
- CYCLE-LIVE**
5:30 - 6:25
Rich (S2) ◆
- HI-LOW CARDIO**
7:00 - 7:55
Corrie (S1) ♥ ☺
- QIGONG**
7:00 - 7:55
Kathi (S4) ◆
- CYCLE-LIVE**
7:00 - 7:55
Nanette (S2) ◆
- PILATES**
8:00 - 8:55
Jill G. (S4) ◆
- TRX®**
8:25 - 9:20
Maryann (S1) ◆ ☺
- CYCLE-LIVE**
8:30 - 9:25
Marie (S2) ◆
- ZUMBA® GOLD®**
9:00 - 9:55
Pam (S4) ★ ◆ ♥
- EXTREME FIT**
9:30 - 10:25
Tracy N. (S1)
- YOGA/VINYASA**
10:05 - 11:00
Ashlea (S4) ◆
- STRENGTH**
10:30 - 11:25
Maryann (S1) ☺
- CYCLE-LIVE**
10:30-11:25
Chavva (S2) **7+** ◆
- YOGA/GENTLE**
11:05 - 12:00
Colette (S4) **7+** ◆
- U-JAM**
11:35 - 12:30 **NEW!**
Roberta (S1)

TUESDAY

- BODYPUMP®**
5:30 - 6:25
Rachel (S1) ◆
- PILATES**
5:30 - 6:25
Nanette (S4) ◆
- CYCLE-LIVE**
5:30 - 6:25
Sam (S2) ◆
- BARRE/TRX**
7:00 - 7:55
Maryann (S1) ◆
- CYCLE-LIVE**
7:00 - 7:55
Marty (S2) **I/A**
- YOGA/VINYASA**
7:30 - 8:25
Ashlea (S4) ◆
- STEP**
8:00 - 8:35
Jill G. (S1) **I/A**
- CYCLE-LIVE**
8:30 - 9:25
Joe (S2) ◆ **7+** ★
- STRENGTH-BOSU®**
8:40 - 9:25
Jill G. (S1) ♥
- YOGA/HATHA**
8:40 - 9:35
Sunje (S4) **7+**
- U-JAM FITNESS**
9:30 - 10:25
Sam S. (S1)
- HI-LOW CARDIO**
9:40 - 10:35
Corrie (S4) ◆ ♥ ☺
- CYCLE-LIVE/INTRO**
(First Tuesday of the month only)
9:30-10:15
Joe (S2) ◆
- BARRE/CORE FIT**
10:30 - 11:25
Maryann (S1) ☺ **7+**
- CYCLE-LIVE**
10:30-11:25
Jason (S2) ◆
- FOREVER FIT**
10:40 - 11:25
Jill D. (S4) ◆ ♥
- STRETCH/STRENGTH**
11:30 - 12:15
Jill D. (S1) ♥ ☺

WEDNESDAY

- EXTREME FIT**
5:30 - 6:25
Nanette (S1) **I/A**
- CYCLE-LIVE**
5:30 - 6:25
Melissa (S2) ◆
- CARDIO BLAST**
7:00 - 7:55
Corrie (S1) ♥ ☺
- CYCLE-LIVE**
7:00 - 7:55
Nanette (S2) ◆
- YOGA/HATHA**
7:00 - 8:25
Joanna (S4) ◆
- BODYPUMP®**
8:15 - 9:20
Nanette (S1) ◆
- CYCLE-LIVE**
8:30 - 9:25
Marie (S2) ◆
- YOGA/GENTLE**
9:00 - 9:55
Colette (S4) ◆
- BARRE**
9:30 - 10:25
Marisol (S1)
- STRENGTH**
10:30 - 11:25
Maryann (S1) ☺
- CYCLE/STRENGTH**
10:30 - 11:15
Samantha (S2) **7+** ◆
- YOGA/GENTLE** ★
10:35 - 11:30
Shaunah (S4) ♥ ◆
- TRX®**
11:30 - 12:25
Jaime (S1) ◆ ☺
- PARKINSONS**
11:40 - 12:35
Jeff (S4) ◆

THURSDAY

- BODYPUMP®**
5:30 - 6:25
Nanette (S1) ◆
- CYCLE-LIVE**
5:30 - 6:25
Fred (S2) ◆
- CYCLE-LIVE**
7:00 - 7:55
Tracy N. (S2) ◆
- YOGA/VINYASA**
7:30 - 8:25
Kat (S4) ◆ **I/A**
- STEP**
8:00 - 8:35
Jill G. (S1) **I/A**
- YOGA/HATHA**
8:30 - 9:25
Kat (S4) ◆
- STRENGTH-BOSU®**
8:40 - 9:25
Jill G. (S1) ♥
- EXERCISE LITE** ♥
9:40-10:35
Jill (S4) ◆ ☺ **7+** ★
- BARRE**
9:30 - 10:25
Maryann (S1) **7+**
- TRX®**
10:30 - 11:25
Brandon (S1) ◆ ☺ **7+**
- CYCLE-LIVE**
10:30 - 11:25
Samantha (S2) ◆
- FOREVER FIT**
10:40 - 11:25
Jill D. (S4) ◆ ♥
- STRETCH/STRENGTH**
11:30 - 12:15
Jill D. (S1) ♥ ☺
- YOGA/GENTLE**
11:35 - 12:45
Colette (S4) ◆

FRIDAY

- CYCLE-LIVE**
5:30 - 6:25
Silke (S2) ◆
- CYCLE-LIVE**
7:00 - 7:55
Marie (S2) ◆
- HI-LOW CARDIO**
7:00 - 7:55
Corrie (S1) ♥ ☺
- YOGA/HATHA**
7:30 - 8:25
Laura (S4) ◆
- BODYPUMP®**
8:25 - 9:25
Marie (S1) ◆
- CYCLE-LIVE**
8:30 - 9:25
Marty (S2) **I/A** ◆
- YOGA**
8:30 - 9:25
Dinah (S4) ◆
- BARRE**
9:40 - 10:35
Maryann (S1)
- CYCLE/STRENGTH**
10:30 - 11:15
Tracy N. (S2) ◆
- U-JAM**
10:40 - 11:35
Renelynne (S1) **7+** ☺
- YOGA/GENTLE** ♥
10:40 - 11:35
Deb (S4) ◆ ★
- PILATES**
11:40 - 12:35
Lesley (S4) ◆

SATURDAY

- STRETCH**
7:15 - 8:25
Dinah (S4) **7+** ◆ ★
- BODYCOMBAT®**
7:20 - 8:15
Jenna/Kelly (S1) ◆
- CYCLE-LIVE**
7:30 - 8:25
Chris (S2) ◆
- EXERCISE LITE**
8:30 - 9:25
Jill D. (S1) ♥ ★
- CYCLE-LIVE**
9:00 - 9:55
David (S2) **7+** ◆
- ZUMBA®**
9:35 - 10:30
Lachele (S1)
- STRETCH**
10:00 - 11:10
Banoo (S4) ◆
- CYCLE-LIVE**
10:30 - 11:25
Wes (S2) ◆
- BODYPUMP**
10:45 - 11:50
Tracy (S1) ◆
- YOGA/HATHA** **I/A**
11:30 - 12:40
David (4) ◆

SUNDAY

- TAI CHI**
8:00 - 8:55
Svetlana (S1)
- YOGA**
8:15 - 9:10
Dinah (S4) ◆ **I/A**
- BODYCOMBAT®**
9:00 - 9:55
Stephanie (S1)
- CYCLE-LIVE**
9:30 - 10:40
David (S2) ◆
- YOGA/GENTLE**
9:35 - 10:30
Katie (S4) ♥ ◆ ★
- BODYPUMP®**
10:05 - 11:05
Rachel (S1) ◆
- PILATES**
10:40 - 11:35
Claire (S4) ◆
- DANCE! SPIRIT GROOVE** ★
11:15 - 12:15
Sue (S1) ♥ **7+**
- CORE FIT**
11:40 - 12:10
Claire (S4) ◆ **I/A**

LOCATIONS

S1 - Studio 1
S2 - Studio 2
S4 - Studio 4

- ☺ **BABY FRIENDLY** Babies in stroller or carrier are allowed. No toddlers, please.
- 7+** **FAMILY FRIENDLY** Members 7+ with parent can actively participate in this class.
- ★ **GETTING STARTED** A great place to begin or restart your exercise program.
- I/A** **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided.
- ♥ **Y ACTIVE ADULTS** Activities designed for older adults.
- ◆ **PASS REQUIRED** Space is limited. Passes available



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MISSION VALLEY YMCA GROUP EXERCISE SCHEDULE | MARCH

AFTERNOON (PM)

MONDAY

PARKINSONS/ ARTHRITIS
12:15 - 1:10
Laura (S4) ◆

HATHA YOGA
4:00 - 4:55
Stephanie (S4) ◆

TRX®
4:30 - 5:25
Mariah (S1) ◆ ☺

YOGA/VINYASA
5:00 - 5:55
Amanda (S4) ◆ I/A

BODYPUMP®
5:30 - 6:25
Mariah (S1) ◆

CYCLE-LIVE
5:30 - 6:25
Sara (S2) ◆

BARRE
6:05 - 7:00
Alicia (S4) ◆

ZUMBA®
6:35 - 7:30
Andrea (S1) 7+

CYCLE-VIRTUAL
7:00
OnDemand (S2)

PILATES
7:05 - 8:00
Jen (S4) ◆

TUESDAY

TAI CHI
11:40 - 12:35
John (S4) ◆

POSTURE PERFORMANCE
12:40 - 1:35
Jeff (S4) ♥ ◆

YOGA/GENTLE
1:45 - 2:40
Banoo (S4) ♥ ◆

YOGA/ADAPTIVE
4:45 - 5:40
Dinah (S4) ◆

BODYCOMBAT®
5:30 - 6:25
Joanne (S1)

CYCLE-LIVE
5:30 - 6:25
Susan (S2) ◆

YOGA/VINYASA
5:50 - 6:45
Christina (S4) ◆ I/A

BODYPUMP®
6:30 - 7:25
Joanne (S1) ◆

STRETCH
6:55 - 7:50
Dinah (S4)

CYCLE-VIRTUAL
7:00
OnDemand (S2)

WEDNESDAY

BALANCE
1:00 - 1:45
Bernadette (S4) ◆ ♥

YOGA/HATHA
2:45 - 3:40
Lesley (S4) ◆

YOGA
4:00 - 4:55
Marguerite B. (S4) ◆

BODYPUMP®
4:15 - 5:10
Marie (S1) ◆ ☺

PILATES
5:00 - 5:55
Jen (S4) ◆

BODYCOMBAT®
5:30 - 6:25
Kelly (S1)

CYCLE-LIVE
5:30 - 6:25
Harini (S2) ◆

ZUMBA®
6:35 - 7:30
Jane (S1) 7+

BEGINNER KARATE
6:30 - 7:45
Brian/Erick (S4)

CYCLE-VIRTUAL
7:00
OnDemand (S2)

THURSDAY

POSTURE PERFORMANCE
12:30 - 1:25
Jeff (S1) ♥

YOGA/GENTLE
2:00 - 3:10
Banoo (S4) ♥

YOGA/HATHA
3:30 - 4:25
David (S4) ◆ I/A

BODYCOMBAT®
4:30 - 5:25
Jenna (S1) ♥

CYCLE-VIRTUAL
4:30
OnDemand (S2)

YOGA/VINYASA
4:30 - 5:25
Melodie (S4)

BODYPUMP®
5:30 - 6:25
Jenna (S1) ◆

YOGA/HATHA
5:35 - 6:30
David (S4) ◆

CYCLE-LIVE
6:00 - 6:55
Wes (S2) ◆

BARRE/CORE FIT
6:35 - 7:30
Shauna (S4) ◆

ZUMBA®
6:35 - 7:30
Miriam (S1) 7+

STRETCH
7:35 - 8:30
Dinah (S4) ◆

FRIDAY

YOGA/HATHA
12:40 - 1:35
Lesley (S4) ◆

BALANCE
1:00 - 1:45
Bernadette (S1) ♥

YOGA/ADAPTIVE
2:50 - 3:45
Dinah (S4) ◆

BODYCOMBAT®
4:15 - 5:10
Kelly (S1)

YOGA/VINYASA
4:20 - 5:15
Dinorah (S4) ◆

CYCLE-VIRTUAL
5:00
OnDemand (2)

ZUMBA®
5:15 - 6:10
Pam (S1) ◆ ☺ 7+

PILATES
5:35 - 6:30
Claire (S4) ◆

BODYPUMP®
6:15 - 7:10
Joanne (S1) ◆

SATURDAY

ZUMBA®
12:00 - 12:55
Lachelle (S1) ☺ 7+

SUNDAY

FOAM ROLLER
12:15 - 12:45
Claire (S4) ◆

ZUMBA®
12:30 - 1:25
Pam (S1) ☺ 7+

ZUMBA®
4:00 - 4:55
Lachele (S1) ☺ 7+

MONTHLY UPDATES

- **Beginner Belly Dance: Fee Based Class**
Move to the music! This fee-based, 4-week class meets on Saturdays at 1:00-2:00 pm.

BENEFITS: Great core workout, develop body awareness, burn calories, learn how to isolate movement, increase flexibility and gracefulness.

Register online or at the welcome center!

- **Saturday, March 7: Fit Steps with Chris**
5:00-6:30 pm in Studio 1
Help support Annual Campaign by line dancing to a huge variety of Ballroom and Latin dances. No partner or dance experience necessary.