

RANCHO FAMILY YMCA GROUP EXERCISE SCHEDULE | MARCH

MORNING • LAND

MONDAY

CYCLING
 5:30 - 6:30
 Carolyn (S2)

BODYPUMP®
 6:00 - 7:00
 Rachele (S3)

ZUMBA®
 8:15 - 9:15
 Harumi O. (S3)

HIIT
 9:15 - 10:15 **I/A**
 Emily (S1)

CIRCUIT TRAINING
 9:30 - 10:00 **I/A**
 Kensi (Outside)

CARDIO BLAST
 9:30 - 10:30 **I/A**
 Cathy (S3)

CYCLING
 9:30 - 10:30 **7+**
 Nicci (S2)

TRX®
 10:30 - 11:30
 Cathy (S1)

HATHA YOGA
 10:45 - 12:00
 Francine (S3)

ZUMBA GOLD®
 11:45 - 12:30 **GS**
 Thomas (S1)

TUESDAY

BODYPUMP®
 8:00-9:00
 Cheryl (S3)

PILATES BEGINNER
 8:00 - 9:00 **GS**
 Harumi M. (S1)

PILATES ADVANCED
 9:15 - 10:15 **I/A**
 Harumi M. (S1)

BODYCOMBAT®
 9:15 - 10:15
 Cheryl (S3)

HI-LO CARDIO
 10:30 - 11:30 **GS**
 Carmen (S1)

FOREVER FIT
 11:00 - 12:00 **GS**
 Francine (S3)

CHAIR YOGA
 12:00 - 12:30 **GS**
 Francine (S3)

WEDNESDAY

CYCLING
 5:30 - 6:30
 Carolyn (S2)

ZUMBA®
 8:15 - 9:15
 Shelley (S3)

STRENGTH
 9:15 - 10:15
 Jenn (S1)

CARDIO BLAST
 9:30 - 10:30 **I/A**
 Carmen (S3)

CIRCUIT TRAINING
 9:30 - 10:00 **I/A**
 Staff (Outside)

CYCLING
 9:30 - 10:30 **7+**
 Emily (S2)

RESTORATIVE YOGA
 10:30 - 11:30 **GS**
 Francine (S1)

POWER YOGA
 10:45 - 12:00
 Shelley (S3)

ZUMBA GOLD®
 11:45 - 12:30 **GS**
 Thomas (S1)

THURSDAY

BODYPUMP®
 8:00 - 9:00
 Cathy (S3)

HI-LO CARDIO
 9:15 - 10:15 **GS**
 Francine (S3)

CORE FIT
 9:15 - 10:15
 Cathy (S1)

TRX®
 10:30 - 11:30
 Cathy (S1)

FOREVER FIT
 11:00 - 12:00 **GS**
 Francine (S3)

CHAIR YOGA
 12:00 - 12:30 **GS**
 Francine (S3)

FRIDAY

TRX®
 5:30 - 6:30
 Ruben (S1)

DANCE! CARDIO/ LINE
 8:15 - 9:15
 Shelley (S3)

KICKBOXING
 9:15 - 10:15
 Harumi O (S1)

CARDIO BLAST
 9:30 - 10:30 **I/A**
 Wendy (S3)

CYCLING
 9:30 - 10:30 **7+**
 Emily (S2)

HATHA YOGA
 10:45 - 12:00
 Natasha (S3)

CHAIR YOGA
 11:30 - 12:15 **GS**
 Francine (S1)

SATURDAY

ZUMBA®
 8:00 - 9:00
 Gerty (S3)

STEP
 8:30 - 9:30
 Carmen (S1)

BODYPUMP
 9:15 - 10:15
 Emily (S3)

CYCLING
 9:30 - 10:30 **7+**
 Carolyn (S2)

TURBO KICK
 9:45 - 10:45
 Jimmy (S1)

YOGA
 11:00 - 12:15
 Patty B./Shelley (S1)

SUNDAY

BODYPUMP®
 9:00 - 10:00
 Cheryl (S3)

ZUMBA®
 10:15 - 11:15
 Harumi O. (S3)

HATHA YOGA
 11:15 - 12:30
 Emily (S1)

TAI CHI
 11:30 - 12:30 **GS**
 Harumi O. (S3)



NEW BOXING CLASSES! • \$40 MEMBERS | \$50 PARTICIPANTS
 Tuesdays at 11:00 am or Thursdays at 12:30 pm

MORNING • WATER

MONDAY

AQUA INTERVAL
 8:30 - 9:30
 Cathy D. (Pool)

ARTHRITIS® **GS**
 9:45 - 10:45
 Rene (Pool)

TUESDAY

COACHED MASTERS
 5:30 - 6:30
 Staff (Pool)

DEEP **I/A**
 7:00 - 7:55
 Francine (Pool)

AQUA ZUMBA
 8:30 - 9:30
 Harumi (Pool)

WEDNESDAY

COACHED MASTERS
 5:30 - 6:30
 Staff (Pool)

AQUA INTERVAL
 8:30 - 9:25
 Carmen (Pool)

ARTHRITIS® **GS**
 9:45 - 10:45
 Rene (Pool)

THURSDAY

COACHED MASTERS
 5:30 - 6:30
 Staff (Pool)

DEEP **I/A**
 7:00 - 7:55
 Francine (S3)

AQUA ZUMBA®
 8:30 - 9:30
 Harumi (Pool)

FRIDAY

AQUA COMBO **I/A**
 7:30 - 8:25
 Francine (Pool)

AQUA INTERVAL
 8:30 - 9:25
 Carmen (Pool)

ARTHRITIS® **GS**
 9:45 - 10:45
 Rene (Pool)

SATURDAY

AQUA INTERVAL
 8:00 - 8:55
 Staff (Pool)

RANCHO FAMILY YMCA GROUP EXERCISE SCHEDULE | MARCH

AFTERNOON/EVENING • LAND

MONDAY
KID FRIENDLY FIT
 4:00 - 4:45
 Mark (S3)

CARDIO BLAST
 5:30 - 6:30
 Carmen (S1)

BODYPUMP®
 5:30 - 6:30
 Cheryl (S3)

CYCLING
 6:30 - 7:30 **7+**
 Ray (S2)

HATHA YOGA
 6:45 - 8:00
 Francine (S3)

ZUMBA®
 6:45 - 7:45
 Harumi O. (S1)

TUESDAY
CHAIR YOGA
 12:00 - 12:30 **GS** ♥
 Francine (S3)

EXTREME FIT
 5:45 - 6:45 **I/A**
 Rob (S3)

CYCLING
 6:30 - 7:30 **7+**
 Rachele (S2)

TAI CHI
 7:00 - 8:00 **GS**
 Patty B. (S3)

WEDNESDAY
ZUMBA®
 5:30 - 6:30
 Harumi O. (S1)

BODYPUMP®
 6:00 - 7:00
 Jaci (S3)

CYCLING
 6:30 - 7:30 **7+**
 Cindy (S2)

TURBO KICK
 6:45 - 7:45
 Jimmy (S1)

GENTLE YOGA
 7:15 - 8:15 **7+** **GS** ♥
 Patty (S3)

THURSDAY
CHAIR YOGA
 12:00 - 12:30 **GS** ♥
 Francine (S3)

KID ONLY FIT
 4:00 - 4:45 **7+**
 Rob (S3)

STEP
 5:45 - 6:45
 Carmen (S1)

HATHA YOGA
 7:00 - 8:15
 Natasha T. (S1)

ZUMBA®
 7:15 - 8:15
 Dany (S3)

FRIDAY
ZUMBA®
 5:30 - 6:30
 Thomas (S1)

BODYPUMP®
 6:00 - 7:00
 Fleeta (S3)

RANCHO FAMILY YMCA
 9410 Fairgrove Lane, San Diego, CA 92129
 858-484-8788

FACILITY HOURS

Mon. - Thur. 5:30 am - 10:00 pm
 Fri. 5:30 am - 9:00 pm
 Saturday 7:00 am - 7:00 pm
 Sunday 9:00 am - 5:00 pm

CHILD WATCH HOURS

Ages 6 weeks - 12 years

Mon. - Thurs. 8:00 am - 12:00 pm
 4:00 pm - 8:00 pm
 Friday 8:00 am - 12:00 pm
 4:00 pm - 7:15 pm
 Sat. 8:00 am - 12:00 pm

TRY AN EVENING WATER EX CLASS!

There is little or no impact on your joints. You will increase your cardio capacity due to your lungs being immersed under water and gain strength and build longer muscles. You can also burn up to 1000 calories - all while having fun!

7+ Formerly Family Friendly. Children ages 7-12 and parent/guardian must actively participate together. OR, min. age denoted.

♥ **Y ACTIVE ADULTS** Activities designed for older adults (50+)

GS **GETTING STARTED** A great place to begin or restart your exercise program

I/A **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided

LOCATIONS:

(S1) Studio 1 (S2) Studio 2
 (S3) Studio 3

MONTHLY UPDATES

- **Saturday, March 21**
 Hiking Club at Los Peñasquitos Canyon

AFTERNOON/EVENING • WATER

MONDAY
 WATER GROUP
 EXERCISE CLASSES
 NOT CURRENTLY
 OFFERED MONDAY
 AFTERNOON/EVENING
 COME IN FOR
 OPEN SWIM!

TUESDAY
AQUA INTERVAL
 6:35 - 7:30
 Carmen (Pool)

WEDNESDAY
 WATER GROUP
 EXERCISE CLASSES
 NOT CURRENTLY
 OFFERED WEDNESDAY
 AFTERNOON/EVENING
 COME IN FOR
 OPEN SWIM!

THURSDAY
AQUA ZUMBA
 6:35 - 7:30
 Lisa (Pool)

REMINDERS:

- All schedules are subject to change.
- Shaded classes are under review due to low attendance.
- For class descriptions & levels see class description flyer at the Welcome Center.
- No cell phone use allowed in studios.
- **NOTE:** Please do not enter studios after class begins.