



YMCA OF SAN DIEGO COUNTY
COMMUNITY
WELL-BEING
& BELONGING

SHEPHERD YMCA FIREHOUSE

JUNE 2025

GROUP EXERCISE SCHEDULE

DAY	TIME	CLASS	INSTRUCTOR	LOCATION
MONDAY	9:00-9:55 AM	ZUMBA	ANDREA	ENGINE ROOM
MONDAY	10:00-11:15 AM	YIN YOGA	HEIDI	STUDIO C
MONDAY	5:30-6:25 PM	PILATES FUSION	KELSEY	STUDIO C
TUESDAY	9:00-9:55 AM	BODYPUMP	SYLVIA	ENGINE ROOM
TUESDAY	10:30-11:45 AM	VINYASA YOGA	CRYSTAL	STUDIO C
TUESDAY	11:45-1:15 PM	WALKING MEDITATION	GENEVIEVE	FRONT OF Y
WEDNESDAY	9:00-9:55 AM	ZUMBA	ANDREA	ENGINE ROOM
WEDNESDAY	10:30-11:25 AM	RESTORATIVE YOGA	GENEVIEVE	STUDIO C
WEDNESDAY	5:30-7:00 PM	POWER YOGA	MELINDA	STUDIO C
THURSDAY	9:00-9:55 AM	QI GONG	YAHUI	STUDIO C
THURSDAY	10:00-11:15 AM	YIN YOGA	HEIDI	STUDIO C
FRIDAY	8:30-9:25 AM	ZUMBA	TOLU	ENGINE ROOM
FRIDAY	11:30-12:25 PM	TAI CHI	TOM	STUDIO C

*** Branch is open only for Group Exercise Classes***

*** Located at 7877 Herschel Ave La Jolla, CA ***

