



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JOE & MARY MOTTINO FAMILY YMCA GROUP EXERCISE SCHEDULE | AUGUST

## MORNING

<b>MONDAY</b>	<b>AQUA FIT</b> 7:00 - 7:50 Melissa (POOL) ♥ <b>GS</b>
	<b>HATHA YOGA</b> 8:00 - 8:50 Jacqueline (GER B)
	<b>EXTREME FIT</b> 8:15 - 9:05 Patrice (GER A) <b>I/A</b>
	<b>STEP</b> 9:15 - 10:05 Lori (GER A)
	<b>CYCLING</b> 9:15 - 10:05 DeeAnn (GER B) <b>I/A</b>
	<b>EXERCISE LITE</b> 10:30 - 11:20 Alexis (GER A) ♥ <b>GS</b>
	<b>AQUA FIT</b> 11:00 - 11:50 Sandy (POOL) ♥ <b>GS</b>
	<b>CARDIO BLAST</b> 11:30 - 12:20 Lori (GER A) <b>I/A</b>
	<b>FOREVER FIT</b> 11:30 - 12:20 Christa (GER B) ♥ <b>GS</b>
	<b>FOREVER FIT</b> 11:30 - 12:20 Christa (GER B) ♥ <b>GS</b>
<b>TUESDAY</b>	<b>HATHA YOGA</b> 8:00 - 8:50 Natalie (GER B)
	<b>AQUA FIT</b> 8:00 - 8:50 Marylou (POOL) ♥ <b>GS</b>
	<b>BODYPUMP®</b> 8:15 - 9:10 Margaret (GER A)
	<b>CARDIO BLAST</b> 9:15 - 10:05 Jessica (GER A) <b>I/A</b>
	<b>HATHA YOGA</b> 9:15 - 10:05 Natalie (GER B)
	<b>BARRE (Fusion)</b> 10:15 - 11:05 Margaret (GER A)
	<b>TRX®</b> 10:15 - 10:45 Jessica (MPR A)
	<b>FOREVER FIT</b> 10:30 - 11:20 Natalie (GER B) ♥ <b>GS</b>
	<b>AQUA FIT</b> 11:00 - 11:50 Alexis (POOL) ♥ <b>GS</b>
	<b>ZUMBA® (Gold)</b> 11:30 - 12:20 Djana (GER A)
<b>CHAIR YOGA</b> 11:30 - 12:20 Marylou (GER B) ♥ <b>GS</b>	

<b>WEDNESDAY</b>	<b>AQUA FIT</b> 7:00 - 7:50 Kathi K. (POOL) ♥ <b>GS</b>
	<b>HATHA YOGA</b> 8:15 - 9:05 Sylvi (GER B)
	<b>EXTREME FIT</b> 8:15 - 9:05 Jessica (GER A) <b>I/A</b>
	<b>BODYPUMP®</b> 9:15 - 10:10 Jessica (GER A)
	<b>CYCLING</b> 9:15 - 10:05 Kathi T. (GER B) <b>I/A</b>
	<b>DRUMS ALIVE GOLDEN BEATS®</b> 10:30 - 11:20 Alexis (GER A) ♥ <b>GS</b>
	<b>AQUA FIT</b> 11:00 - 11:50 Melissa (POOL) ♥ <b>GS</b>
	<b>BODYPUMP®</b> 11:30 - 12:20 Alexis (GER A)

<b>THURSDAY</b>	<b>CYCLING</b> 5:30 - 6:20 Susie (GER B) <b>I/A</b>
	<b>ZUMBA®</b> 8:00 - 8:50 Sheila (GER A) <b>NEW</b>
	<b>AQUA FIT</b> 8:00 - 8:50 Marylou (POOL) ♥ <b>GS</b>
	<b>PILATES</b> 8:15 - 9:05 Susie (GER B) <b>I/A</b>
	<b>CARDIO BLAST</b> 9:15 - 10:05 Lori (GER A)
	<b>VINYASA YOGA</b> 10:15 - 11:10 Natalie (GER A)
	<b>TRX®</b> 10:15 - 10:45 DeeAnn (MPR A) ♥ <b>GS</b>
	<b>FOREVER FIT</b> 10:30 - 11:20 Alexis (GER B) ♥ <b>GS</b>
	<b>AQUA FIT</b> 11:00 - 11:50 Melissa (POOL)
	<b>BODYPUMP®</b> 11:30 - 12:25 Lori (GER A)
<b>CHAIR YOGA</b> 11:30 - 12:20 Alexis (GER B) ♥ <b>GS</b>	

<b>FRIDAY</b>	<b>AQUA FIT</b> 7:00 - 7:50 Elke (POOL) ♥ <b>GS</b>
	<b>HATHA YOGA</b> 8:00 - 8:50 Christa (GER B)
	<b>TRX®</b> 8:00 - 8:45 DeeAnn (MPR A) <b>I/A</b>
	<b>EXTREME FIT</b> 8:15 - 9:05 Alexis (GER A)
	<b>TURBO KICK®</b> 9:15 - 10:05 Kristen (GER A) <b>I/A</b>
	<b>CYCLING</b> 9:15 - 10:05 Elke (GER B)
	<b>BODYPUMP®</b> 10:30 - 11:25 Margaret (GER A)
	<b>FOREVER FIT</b> 10:30 - 11:20 Alexis (GER B) ♥ <b>GS</b>
	<b>AQUA FIT</b> 11:00 - 11:50 Sandy (POOL) ♥ <b>GS</b>

<b>SATURDAY</b>	<b>STEP</b> 8:00 - 8:50 Teresa (GER A)
	<b>CYCLING</b> 8:15 - 9:05 Patrice (GER B) <b>7+</b> <b>I/A</b>
	<b>AQUA FIT</b> 8:00 - 8:50 Velia (POOL) ♥ <b>GS</b>
	<b>TRX®</b> 8:30 - 9:00 Jim (MPR A) <b>I/A</b>
	<b>TURBO KICK®</b> 9:00 - 9:50 Kristen (GER A)
	<b>HATHA YOGA</b> 9:15 - 10:05 Sylvi/Adrianne (GER B)
	<b>BODYPUMP®</b> 10:00 - 10:55 Margaret (GER A)
	<b>HATHA YOGA</b> 10:15 - 11:05 Sylvi/Adrianne (GER B) <b>7+</b>

- 5+** 5+ Children ages 5-12 and parent/guardian must actively participate together.
- 7+** 7+ Formerly Family Friendly. Children ages 7-12 and parent/guardian must actively participate together.
- ♥** **Y ACTIVE ADULTS** Activities designed for older adults.
- GS** **GETTING STARTED** A great place to begin or restart your exercise program.
- I/A** **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided.

**LOCATIONS:**

- (GER A)** Group Exercise Room A
- (GER B)** Group Exercise Room B
- (MPR A)** Multi-Purpose Room A
- (POOL)** Outdoor Pool
- (FIELD)** Side Lawn

FOR MORE INFORMATION ON GROUP EXERCISE CLASSES:  
Sarah Oglesby • 760-758-0808 ext.14024 • soglesby@ymca.org



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## AFTERNOON

### MONDAY

**BODYPUMP®**  
4:15 - 5:10  
Margaret (GER A)

**BARRE (Fusion)**  
5:30 - 6:20  
Margaret (GER A)

**CYCLING**  
5:30 - 6:20  
Teresa (GER B) **7+** **I/A**

**TRX®**  
6:00 - 6:30  
Jim (MPR A)

**ZUMBA®**  
6:30 - 7:20  
Sheila (GER A) **7+**

**VINYASA YOGA**  
6:45 - 7:35  
Kristen (GER B)

### TUESDAY

**TURBO KICK®**  
4:15 - 5:05  
Kristen (GER A)

**BODYPUMP®**  
5:30 - 6:25  
Alexis (GER A) **I/A**

**DANCE! FAMILY**  
5:30 - 6:00  
Sheila (GER B) **5+**

**EXTREME FIT**  
6:30 - 7:20  
Patrice (GER A) **I/A**

**CYCLING/CORE COMBO**  
6:30 - 7:20  
Kathi T. (GER B) **7+** **I/A**

### WEDNESDAY

**BODYPUMP®**  
4:15 - 5:10  
Margaret (GER A)

**ZUMBA®**  
5:30 - 6:20  
Patrice (GER A) **7+**

**TRX®**  
6:00 - 6:30  
Margaret (MPR A)

**HATHA YOGA**  
6:30 - 7:20  
Jacqueline (GER A) **7+**

### THURSDAY

**PRESCHOOL YOGA (3-5)**  
5:30 - 6:00  
Jacqueline (GER B)

**STEP**  
5:30 - 6:20  
Teresa (GER A)

**CYCLING**  
6:30 - 7:20  
Kathi T (GER B) **7+** **I/A**

### FRIDAY

**BARRE (Fusion)**  
4:15 - 5:05  
Margaret (GER A)

**HATHA YOGA**  
6:00 - 6:50  
Patrice (GER A) **7+**

### MONTHLY UPDATES:

- **Join One, Join All:** All YMCA members have access to all 17 locations in San Diego County! For more information, visit [mottino.ymca.org](http://mottino.ymca.org)!

### 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.

**5+** 5+ Children ages 5-12 and parent/guardian must actively participate together.

**7+** 7+ Formerly Family Friendly. Children ages 7-12 and parent/guardian must actively participate together.

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**(POOL)** Outdoor Pool  
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