



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOE & MARY MOTTINO FAMILY YMCA GROUP EXERCISE SCHEDULE | JULY

MORNING

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

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

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

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

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

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



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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)

STRENGTH
5:30 - 6:20
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!

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.

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(POOL) Outdoor Pool
(FIELD) Side Lawn

FOR MORE INFORMATION ON GROUP EXERCISE CLASSES:

Sascha Fischer • 760-758-0808 ext.14024 • sfischer@ymca.org