

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
65 6:00 Stepless Step Jeanne (1, F)		6:00 Hi/Lo Aerobics Kathy (2, F)	6:00 BodyPUMP Nick (3)	6:00 Total Body Workout Elke (2, F)		
		6:00 Boot Camp Patrick (3)				
		6:00 Cycling Christian (3, B, S)				
65 7:00 Mat Pilates Janice (2)	I/A 7:00 Body Blast Sarah (2)	7:00 Mat Pilates Natalie (2)	7:00 Strength Training Robyn R (2)	65 7:00 Pilates/Yoga 50/50 Janice (1)		
7:30 Aqua-fit Sallie (1)	7:30 Boot Camp Deep Sallie (2)	65 7:30 Aqua-fit Sallie (1)	7:30 Aquatic Circuits Sallie (2)	65 7:30 Aqua-fit Sallie (1)	7:30 Family Cardio Craze Jeanne (2, F)	
65 8:00 Zumba Gold Rachel (AOA 3)	65 8:00 Pilates/Yoga 50/50 Janice (1)	I/A 8:00 Muscle Conditioning Briann (3)	8:00 Cardio Dance Party Sarah (2)	I/A 8:00 Zumba Lydia (2)	8:00 Family Yoga Cecilia (1, F)	
NEW 8:00 Cycling Nick (2, S)	8:30-8:50 Gut Cut TBD (2)		8:30-8:50 Gut Cut TBD (2)	8:00 Cycling Nick (2, S)		
I/A 8:00 Boot Camp Sarah (3)					I/A 8:30 Boot Camp Kathy (3)	
9:00 BodyPUMP Sarah (3)	65 9:00 On the Ball Elke (2)	65 9:00-9:20 Yoga Stretch Briann (1)	9:00 On the Ball Pam (2)	I/A 9:00 BodyPUMP Patrick (3)		
65 9:00-9:45 Forever Fit Briann (AOA 1)	9:00 Cycling TBD (2, S)	65 9:00 Moving for Better Balance Patrick (AOA 1)	9:00 Cycling TBD (2, S)	65 9:00-9:45 Forever Fit Elke (AOA 1)	9:00 Cycling Allison (2, S)	
		65 9:30 Zumba Gold Toning Lisbeth (AOA 3)			9:30 Gut Cut Kathy (2)	
10:00 Eclectic Yoga Jane (2)	10:00 Hatha Yoga Jen S (2)		10:00 Hatha Yoga Jen S (2)	10:00 Vinyasa Yoga Silvia (2)	10:00 Yoga Anne (A)	
65 10:00 Length n' Strength Sarah (A)		10:00 Length n' Strength Sarah (A)	10:00-10:45 Chair Yoga David (AOA 1, I)	10:00 Mat Pilates Natalie (3)		
		10:30 Classic Eclectic Hatha Yoga Anne (1)				65 10:10 Family/Beginner Cycle Christian (1, F, S)
	11:00-11:20 Gut Cut Sarah (2, B)		11:00-11:20 Gut Cut Sarah (2, B)	11:00 Zumba Inclusive Lisbeth (1, B, F, I)		
11:00 Aqua-fit Shallow Water Marion (AOA A)	11:00 Aqua Zumba Lisbeth (A, I)	11:00 Aqua-fit Deep Water Marion (AOA A)	I/A 11:00 Aqua-fit Shallow Water Jeanne (2)	11:00 Aqua-fit Deep Water Marion (AOA A)		
	11:30 Cardio/Strength Sarah (AOA 2)	11:30 Zumba for PD, MS, and Movement Challenges Lisbeth (A, I)	11:30 Cardio/Strength Elke (AOA 2)			
						11:15 Mat Pilates Natalie (A)

Note: We are looking for a new instructor for the Tuesday/Thursday 8:30am Gut Cut and 9:00am Cycling classes. Starting June 8, please verify with Member Services that each class will run.

Turn over for KEY

Group Exercise Schedule AFTERNOON/EVENING



JUNE 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			4:15 Chi Gung Dave (A)			
4:30 Body Balance Janice (A)	4:30 Yoga Sculpt Silvia (3)	4:30 Body Balance Janice (A)				
	5:00 Cycling Allison (2, S)			KidsFIT All Children 7-11 utilizing our Family FIT program in the Wellness Center will be asked to have fun with KidsFIT at our most impacted Wellness Center time Monday-Thursdays 5:30-6:20pm. Class will be fun, educational and friendly. Parents are welcome to join in or do their own workout in the Wellness Center.		
5:30 KidsFIT Sarah (F)	5:30 KidsFIT Sarah (F)	5:30 KidsFIT Sarah (F)	5:30 KidsFIT Sarah (F)			
5:30 Zumba Lydia (2, F)	5:30 BodyPUMP Peggy (3)	5:30 Zumba Lydia (A, F)	5:30 Step Peggy (2)	All classes are 50 minutes unless otherwise noted. Instructors and classes subject to change/cancellation without notice. For questions concerning fitness classes call: 619.226.8888		
6:00 Cycling Robyn W (2/3, S)	6:00 Cycling Christian (2, S)	6:00 Cycling Theresa (2, S)	6:00 Cycling Robyn W (2/3, S)			
6:30 Hatha Yoga Banoo (A)		6:30 Hatha Yoga Jen S (A)	6:30 BodyPUMP Sarah (3)			
	7:00 Pilates Fusion Robyn R (2, F)					



= **Getting Started**



= **New Class OR Location Change**



= **Intermediate/Advanced**

Attention Cyclists

If you are wearing bike cleats please use only Shimano; SM-SH51 / SH52 / SH55 / SH56

KEY

Class Fitness Level: (1) Beginner, (2) Moderate, (3)Advanced, (A) All Levels, (AOA) Active Older Adult

Locations: **Group Exercise Room**
Pool
Multipurpose Room
Greenbelt
Haas Family Gymnasium

The Group Exercise Room is located next door to the Peninsula Family YMCA in the Seventh Day Adventist Church Fellowship Hall

- (B) **Baby Friendly**, Infants in a carrier or stroller only, mobile infants to 12 years must use Child Watch
- (F) **Family Friendly**, Class is accessible to children ages 7+, 6 weeks to 6 years must use Child Watch
- (I) **Inclusive**, Instructor has specialized skills for populations needing special attention and class is able to accommodate and include physical and mental challenges
- (S) **Space is limited**, Sign up by calling or visiting member services 48 hours in advance to reserve your spot