

MORNING (AM)

MONDAY

BOOTCAMP
6:30-7:25
Michael (B) 

BODYPUMP®
8:00-8:55
Silvia (C)

RESTORATIVE YOGA
9:05-10:20
Shivani (C)

HIIT
8:30-9:25
Michael (B)

TRX
9:30-10:00
Michael (B)

**SOMATIC EDUCATION:
Healthy Backs**
10:30-11:25
Shivani (C) 

TUESDAY


BOOTCAMP
6:30-7:25
Michael (B) 

STRENGTH/CORE
9:30-10:25
Tanya (B)

TAI CHI ADV
10:00-10:55
Sharon (C) 

WEDNESDAY



BODYPUMP®
6:10-7:05
Francesca (C)

FUSION YOGA
8:00-8:55
Deena (C) 


HATHA YOGA
9:00-10:15
Valerie (C)

HIIT
8:30-9:25
Patty (B)

TRX
9:30-10:00
Patty (B)

VINYASA YOGA 
10:30-11:25
Valerie (C) 


THURSDAY

BOOTCAMP
6:30-7:25
Michael (B) 

STRENGTH/CORE
9:30-10:25
Tanya (B)


MAT PILATES
10:30-11:25
Deena (B)

TAI CHI ADV
10:00-10:55
Marla (C)


TAI CHI/INTRO
11:00-11:55
Marla (C) 

FRIDAY

FUSION YOGA
8:00-8:55
Deena (C)

HATHA YOGA
9:00-10:15
Deena (C) 

SATURDAY

ZUMBA®
8:30-9:20
Jane (C) 

BODYPUMP®
9:30-10:25
Francesca (C)





FUSION YOGA
11:30-12:45
Melodie (C)

SUNDAY

POUND FIT
9:00-9:55
Eileen (C)

ZUMBA®
10:00-10:55
Eileen (C)


REMINDERS: Schedule subject to change without prior notice.
Please check website for most up-to-date information.

-  **PREMIUM CLASS**
-  **GETTING STARTED**
A great place to restart your exercise program
-  **INTERMEDIATE/ ADVANCED**
Higher intensity and advanced instruction provided
-  **Y ACTIVE ADULTS**
Activities designed for older adults

AFTERNOON (PM)

MONDAY

ZUMBA®
12:00-12:55
Eileen (C)

POWER YOGA (90 min)
5:45-7:15
Melinda (C) 


TUESDAY

BODYCOMBAT COMING SOON
5:30-6:15

VINYASA YOGA/ MEDITATION
6:30-7:45
Laura (C)

WEDNESDAY

ZUMBA®
12:00-12:55
Eileen (C)

POWER YOGA (90 min)
5:45-7:15
Melinda (C) 

THURSDAY


HATHA YOGA
12:00-12:55
Deena (C)

POUND
5:30-6:15
Eileen (B)

VINYASA YOGA/ MEDITATION
6:30-7:45
Laura (C)

FRIDAY

PILATES/STRETCH
12:00-12:55
Deena (C)

PREMIUM CLASSES 

Try our specialty, small group or themed training classes.

- 1 class per week \$32/mo
- 2 classes per week \$64/mo
- 3 classes per week \$96/mo + unlimited access to any other fee based class if space available

LOCATIONS:
B = Studio B
C = Studio C
F = Fitness Floor

CHILD WATCH HOURS
Monday-Thursday: 8:00am—1:00am
3:00pm—7:30pm
Friday: 8:00am—1:00pm
3:00pm—5:00pm
Saturday/Sunday: 8:00am—1:00pm



SHEPHERD YMCA FIREHOUSE
7877 Herschel Avenue, La Jolla, CA 92037
858-551-9622

CARDIO & STRENGTH

BODYPUMP - A pre-choreographed full-body workout program using light to moderate weights, performing high repetitions.
CARDIOVASCULAR FITNESS, MUSCULAR STRENGTH, CORE STABILITY

Dance! Cardio Mix – High energy dance inspired workout that includes hip-hop, jazz and pop. No special footwear required.
CARDIOVASCULAR FITNESS, BALANCE, COGNITIVE HEALTH

HIIT - High Intensity Interval Training.
CARDIOVASCULAR FITNESS, MUSCULAR STRENGTH

Hi-Low Cardio - Fun and energetic workout using high and low impact movement.
CARDIOVASCULAR FITNESS, COGNITIVE HEALTH

NIA Dance - Blends dance, martial arts, and healing arts for an exhilarating workout. Promotes flexibility, strength, balance, and mindfulness. Adaptable to individual fitness levels.
CARDIOVASCULAR FITNESS, COGNITIVE HEALTH

PoundFit - PoundFit is a full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.
MUSCULAR STRENGTH, CARIOVASCULAR FITNESS

Strength - A full body strength and conditioning class using a variety of equipment.
MUSCULAR STRENGTH, CORE STABILITY

TRX - A suspension training system that leverages gravity and your body weight to perform a variety of exercises.
CORE STABILITY, BALANCE, MUSCULAR STRENGTH

Zumba - Combines unique Latin moves and rhythms to create an exciting dynamic workout.
CARDIOVASCULAR FITNESS

MIND & BODY

Fusion Yoga - A blend of yoga and Pilates movements sharing principles of breath, concentration, control, precision, and balanced muscle development.
FLEXIBILITY, CORE STABILITY, BALANCE, COGNITIVE HEALTH

Hatha Yoga - Series of traditional postures that release tension and stress.
FLEXIBILITY, CORE STABILITY, BALANCE, COGNITIVE HEALTH

Pilates - A sequence of carefully performed movements that strengthen the body, open joints and release tension.
FLEXIBILITY, CORE STABILITY, BALANCE, COGNITIVE HEALTH

Power Yoga - Dynamic and challenging high-energy workout for experienced Yogis.
FLEXIBILITY, CORE STABILITY, BALANCE, MUSCULAR STRENGTH, COGNITIVE HEALTH

Stretch - Improve range of motion, joint health, and posture.
FLEXIBILITY

Tai Chi - A form of Martial Arts that builds strength and balance. Those new to Tai Chi should take Intro class.
COGNITIVE HEALTH, FLEXIBILITY, BALANCE

Vinyasa Yoga - Series of poses that unite movement with breath.
FLEXIBILITY, CORE STABILITY, BALANCE, COGNITIVE HEALTH

PREMIUM CLASSES

Bootcamp - Fitness and conditioning exercises that will boost your metabolism. Modifications are always offered for the beginner to the advanced.
MUSCULAR STRENGTH, COGNITIVE HEALTH, CARIOVASCULAR FITNESS

Queenax/Pound HIIT - Boot camp circuits utilizing the Queenax and PoundFit. Plyometric, agility, and strength combined with a high energy, cardio jam session that makes it the perfect atmosphere for letting loose.
MUSCULAR STRENGTH, COGNITIVE HEALTH, CARIOVASCULAR FITNESS

Queenax/Bootcamp - A 30 minute high intensity interval training workout that is broad and inclusive designed to train and progress cardiovascular endurance, stamina, strength, flexibility, power, speed agility, balance, and coordination.
MUSCULAR STRENGTH, COGNITIVE HEALTH, CARIOVASCULAR FITNESS

Fitness Blast – 55minutes of continuous fun and innovative exercises using TRX, Glide Discs, Jump Ropes, Kettlebells, and bodyweight for fast results! Modifications are always offered for the beginner to the advanced.
CORE STABILITY, BALANCE, MUSCULAR STRENGTH, COGNITIVE HEALTH

Somatic Movement – Support your physical and emotional health and overall balance through innovative Somatic movement lessons and essential self-care. Different monthly focuses offered to decrease chronic tension, neck and back pain, sciatica, inflexibility, and injury.
FLEXIBILITY, BALANCE, COGNITIVE HEALTH

Teen Fitness Conditioning – For teenagers 12-17. Improve strength, endurance, and flexibility with appropriate training for teenagers.
FLEXIBILITY, CORE STABILITY, BALANCE, MUSCULAR STRENGTH, COGNITIVE HEALTH

MUSCULAR STRENGTH: Increases strength and enhances muscular development and coordination.

FLEXIBILITY: Enhances the mind/body connection improving coordination and reducing stress. Enhance joint range of motion.

CORE STABILITY: Strengthens the deep abdominal muscles and improves postural alignment.

CARDIOVASCULAR FITNESS: Strengthens the heart and lungs for efficiency.

BALANCE: Improves proprioception and reduces the risk of falling.

COGNITIVE HEALTH: Enhances neuromuscular activity and helps improve mind/body connection through specified movement patterns.