



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DAN MCKINNEY YMCA GROUP EXERCISE SCHEDULE | MARCH 2017

## MORNING (AM)

**MONDAY**

**EXERCISE LITE** ♡  
7:00 - 7:55  
Patty (MS) ★65

**GENTLE YOGA**  
8:00 - 8:55  
Michelle (MS)

**CARDIO / STRENGTH**  
9:00 - 9:55  
Dana (MP III)

**CARDIO BLAST**  
9:00 - 9:55  
Michelle (MS)

**CYCLING**  
10:00 - 10:50  
Bob (MS)

**FOREVER FIT / CHAIR YOGA** ♡  
10:00 - 10:55  
Valerie (MP III) ★65

**DANCE!**

**LINE DANCING** ♡  
11:00 - 11:55  
Cappie (MS) ★65

**TRX / INTRO** ♡  
11:15 - 11:55  
Bob (MP III)

**TUESDAY**

**CYCLING**  
6:00 - 6:50  
Bob (MS)

**STRETCH/STRENGTH**  
7:00 - 7:55  
David (MS)

**WILLPOWER & GRACE**  
8:00 - 8:55  
Jenny (MS)

**TRX**  
8:00 - 8:25  
Mariya (MP III) ◆

**TRX**  
8:30 - 8:55  
Mariya (MP III)

**BODYPUMP®**  
9:00 - 10:00  
Megan (MP III) ◆

**STEP**  
9:00 - 9:55  
Cappie (MS) IA

**BALANCE STRENGTH**  
9:00 - 9:55  
Dana (TEMP)

**PICKLEBALL**  
9:00 - 12:00  
(GYM) ♡ ★65

**STROLLER JAM**  
9:30 - 10:30  
Maggie (SHEPHERD YMCA FIREHOUSE)

**STRENGTH**  
10:00 - 10:55  
Cappie (MS)

**STRETCH** ♡ ★65  
10:10 - 10:45  
Dana (MP III) 7+

**FOAM ROLLER**  
11:00 - 11:45  
Valerie (MS)

**GENTLE YOGA** ★65  
11:45 - 12:30  
Valerie (MS)

**WEDNESDAY**

**STRENGTH**  
6:00 - 6:55  
Jo (MS)

**BARRE/PILATES**  
7:00 - 7:55  
Sara (MS)

**POUND FIT**  
8:00 - 8:25  
Eileen (MS)

**ZUMBA**  
8:30 - 9:25  
Eileen (MS)

**AGELESS AGILITY** ♡  
9:00 - 9:55  
Jenny (MP III) ★65

**CYCLING**  
9:30 - 10:20  
Sam (MS) IA

**FOREVER FIT** ♡  
10:00 - 10:55  
Dana (MP III) ★65

**GENTLE YOGA**  
10:00 - 10:55  
Christine (TEMP)

**HIIT EXPRESS**  
10:30 - 10:55  
Tanya (MS)

**MEDITATION**  
11:00 - 11:45  
Christine (TEMP)

**CORE FIT**  
11:00 - 11:25  
Tanya (MS)

**THURSDAY**

**CYCLING**  
6:00 - 6:50  
Bob (MS)

**EXERCISE LITE** ♡  
7:00 - 7:55  
Patty (MS) ★65

**BOSU**  
8:00 - 8:55  
Dana (MS)

**TRX / CIRCUIT**  
8:15 - 8:55  
Mariya (MP III) ◆

**DANCE! HAPPY FEET**  
9:00 - 9:55  
Joel (MS)

**BODYPUMP®**  
9:00 - 9:55  
Megan (MP III) ◆

**STROLLER JAM**  
9:30 - 10:30  
Maggie (FRONT ENT.)

**HIIT**  
10:00 - 10:55  
Cappie (MS) IA

**CXWORX**  
10:00 - 10:30  
Megan (MP III)

**PICKLEBALL**  
10:00 - 1:00PM  
(GYM)

**PRESCHOOL YOGA - NEW!!!**  
10:40am - 11:15am  
Maggie (MP III)  
Ages to 5 w/ Parent

**YOGA / EXPRESS** ★65  
11:00 - 11:25  
Cappie (MS)

**PILATES**  
11:30 - 12:30  
Jill (MS)

**FRIDAY**

**EXERCISE LITE** ♡  
7:00 - 7:55  
Patty (MS) ★65

**CYCLING**  
8:00 - 8:50  
Amy (MS)

**PILATES**  
8:00 - 8:55  
David (MP III)

**ZUMBA**  
9:00 - 9:55  
Eileen (MS)

**CORE FIT**  
9:00 - 9:25  
David (MP III) 7+

**STRENGTH**  
9:30 - 9:55  
Dana (MP III)

**PICKLEBALL**  
9:00 - 11:45  
(GYM)

**FOREVER FIT** ♡  
10:00 - 10:55  
Joanna (MP III) ★65

**HI LOW CARDIO**  
10:00 - 10:55  
Dana (MS)

**NIA**  
11:00 - 11:55  
POSTPONED DUE TO INSTRUCTOR INJURY

**SATURDAY**

**CYCLING**  
7:15 - 8:10  
Diane (MS)

**BODYPUMP®**  
8:00 - 8:45  
Kylee (MP III) ◆

**ZUMBA**  
8:30 - 9:25  
Eileen (MS)

**CXWORX**  
8:45 - 9:15  
Kylee (MP III)

**BARRE**  
9:15 - 10:25  
Jenny (MP III) IA

**STEP**  
9:30 - 10:25  
Jo-Anna (MS)

**ZUMBA**  
10:30 - 11:25  
Ashley (MS) IA

**HIIT**  
10:35 - 11:30  
Rotating (MP III)

**CORE FIT**  
11:00 - 11:25  
Staff (WC)

**SUNDAY**

**YOGA / STRENGTH**  
8:30 - 9:25  
Amy (MP III) IA

**CYCLING**  
8:30 - 9:20  
Sam (MS) 7+

**TRX**  
9:30 - 9:55  
Sam (MP III) ◆

**HATHA YOGA**  
9:30 - 11:15  
David (MS) ♡

**KID FRIENDLY FIT**  
10:00 - 10:25  
Staff (WC) 7+

**SUPPORTIVE TITLES**

**INTRO =**  
Learn basic techniques of format

**EXPRESS =**  
25 minute class

"/"

Indicates combo class

**LOCATIONS:**

TEMP - Temporary Studio

MP III - Multi-Purpose III

MS - Marion So Studio

GYM - Basketball Gym

WC - Wellness Center

**\*Please arrive to class at scheduled time**

☺ **BABY FRIENDLY** Babies in stroller or carrier are allowed. No toddlers, please.

7+ **FAMILY FRIENDLY** Members 7+ with parent can actively participate in this class.

★65 **GETTING STARTED** A great place to begin or restart your exercise program.

IA **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided.

◆ **PASS REQUIRED** Space is limited. Pick up a pass at the Welcome Center.

♡ **Y ACTIVE ADULTS** Activities designed for older adults.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DAN MCKINNEY YMCA GROUP EXERCISE SCHEDULE | MARCH 2017

## AFTERNOON (PM)

**MONDAY**

**BODYPUMP®**  
12:00 - 1:00  
Steve (MP III) ◆

**POWER YOGA**  
3:30 - 4:55  
Melinda (MS) [A]

**STEP**  
5:15 - 6:10  
Jo-anna (MS)

**BODYPUMP®**  
5:30 - 6:30  
Felicia (MP III) ◆

**BARRE/STRENGTH**  
6:15 - 7:10  
Jo-anna (MS)

**GYM FIT**

**GYMNASTICS**  
6:30 - 7:25 [7+]  
Bryan/Jenna  
(GYMNASTICS AREA)  
Ages 5+

**\*Parent Participation Required**

**TUESDAY**

**HIIT**  
5:00 - 5:55  
Mariya (MP III) [A]

**CYCLING**  
5:00 - 5:50  
Staff (MS)

**TRX**  
6:00 - 6:45  
Mariya (MP III) ◆

**WEDNESDAY**

**POWER YOGA**  
3:30 - 5:00  
Melinda (MS) [A]

**KIDS ONLY FIT**  
3:30 - 3:55  
Staff (WC)  
\*Ages 7-12

**BODYPUMP®**  
5:30 - 6:30  
Gayle (MP III) ◆

**PILATES**  
5:30 - 6:25  
Michelle (MS)

**CORE FIT**  
6:30 - 6:55  
Bryce (WC) ★  
GS

**BARRE**  
6:35 - 7:30  
Jessica (MP III)

**ZUMBA**  
6:30 - 7:25  
Ashley (MS)

**THURSDAY**

**HIIT/TRX**  
5:00 - 5:45  
Sofia (MP III) [A]

**KICKBOXING CIRCUIT**  
6:00 - 6:50  
Jessica (MS)

**TRX**  
6:00 - 6:45  
Sofia (MP III)

**RESTORATIVE YOGA**  
7:00 - 8:30  
Eberly (MS)

**FRIDAY**

**HATHA YOGA**  
12:00 - 1:15  
Valerie Z. (MS)

**KIDS ONLY FIT**  
3:30 - 3:55  
Staff (WC)  
\*Ages 7-12

**POWER YOGA**  
5:45 - 7:15  
Melinda (MS) [A]

**SATURDAY**

**FAMILY FRIENDLY YOGA**  
2:00 - 2:55  
Sylvia (MS) [7+]

**VINYASA FLOW YOGA**  
3:00 - 4:15  
Sylvia (MS)

**SUNDAY**

**SUPPORTIVE TITLES**

**INTRO =**  
Learn basic techniques of format

**EXPRESS =**  
25 minute class

“/”  
Indicates combo class

**LOCATIONS:**

**TEMP**  
Temporary Studio

**MP III**  
Multi-Purpose III

**MS**  
Marion So Studio

**GYM**  
Basketball Gym

**WC**  
Wellness Center

**MONTHLY UPDATES:**

- Member guests are welcome. Please get a guest pass from the Welcome Center.

**REMINDERS:**

- Schedule subject to change without prior notice
- Please check for most up-to-date information

## GLIDE

**WHAT IS GLIDE TRAINING?**  
Glide Training provides a full body workout through resistance training. The dynamic pulley system challenges the body to utilize multiple muscle groups for a quick-moving and efficient full body workout.

**WHAT ARE THE BENEFITS OF THE GLIDE WORKOUT?**  
The pulley and glide board system is based on natural movement patterns and proper biomechanics.

**Glide workouts engage all five components of exercise**

- Body Composition
- Muscular Endurance
- Cardio Endurance
- Muscular Strength
- Flexibility

Contact Melissa Yuchasz for more info and to schedule your 1 free session at [myuchasz@ymca.org](mailto:myuchasz@ymca.org)

**BABY FRIENDLY** Babies in stroller or carrier are allowed. No toddlers, please.

[7+] **FAMILY FRIENDLY** Members 7+ with parent can actively participate in this together or minimum age denoted.

★ **GETTING STARTED** A great place to begin or restart your exercise program.

[A] **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided.

◆ **PASS REQUIRED** Space is limited. Pick up a pass at the Welcome Center.

♥ **Y ACTIVE ADULTS** Activities designed for older adults.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

LA JOLLA YMCA  
8355 Cliffridge Ave.  
La Jolla, CA 92037  
ymca.org/lajolla  
(858) 453-3483

# Pool Schedule

## Ann Woolley Aquatics Center – LA JOLLA YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Lap Pool Lap Swim</b>	5:00am - 8:30pm	5:00am - 8:30pm	5:00am - 8:30pm	5:00am - 8:30pm	5:00am - 8:30pm	7:00am - 5:00pm	7:00am - 5:00pm
<b>Recreation Pool Lap Swim</b>	7:00am - 7:00pm	7:00am - 7:00pm	7:00am - 7:00pm	7:00am - 7:00pm	7:00am - 7:00pm	8:30am - 5:00pm	8:30am - 5:00pm
<b>Recreation Pool Open Swim</b>	9:00am - 7:00pm	9:00am - 7:00pm	9:00am - 7:00pm	9:00am - 7:00pm	9:00am - 7:00pm	9:00am - 5:00pm	9:00am - 5:00pm
<b>Splash Pad</b>	9:00am - 7:00pm	9:00am - 7:00pm	9:00am - 7:00pm	9:00am - 7:00pm	9:00am - 7:00pm	9:00am - 5:00pm	9:00am - 5:00pm
<b>Water Aerobics</b>	8:00am AF 8:30am AI 9:25am DAF 11:10am HH 6:00pm AF	7:15am AHE 8:15am AS 8:40am AF 3:30pm AHE	8:00am AF 8:30am AI 9:25am DAF 11:10am HH 6:00pm AF	7:15am AHE 8:15am AS 8:40am AF 3:30pm AHE	8:00am AF 8:30am AI 9:25am DAF 11:10am HH 6:00pm AF	8:30am AF	



### POOL HOURS

#### Activity Pool

Mon-Fri: 7:00am-7:00pm  
Sat/Sun: 8:30am-5:00pm

#### Lap Pool

Mon-Fri: 5:00am-8:30pm  
Sat/Sun: 7:00am-5:00pm

### SPA HOURS

Mon – Fri: 5:00am-8:30pm  
Sat/Sun: 7:00am-5:00pm

Please note during peak hours, lap lanes may be limited.  
Please understand that circle swimming will be required.

#### CLIMBING WALL HOURS:

Monday - Friday: 6:00pm - 7:00pm  
Saturday - Sunday: 2:00pm - 4:00pm

#### Water Aerobics Class Key

AF – Aqua Fit  
AI – Aqua Interval /Deep (lap pool)  
AS – Aqua Strength/Deep (lap pool)  
AHE – Aqua HIIT Express  
DAF – Deep Aqua Fit  
HH – Hydro Healing  
All water aerobics classes are 50 minutes.

### YMCA OF SAN DIEGO COUNTY POOL RULES

- YMCA lifeguard has final authority
- It's the rule, one long whistle – exit the pool immediately
- For your safety, children 6 or under must be actively supervised by an adult 18 years or older
- All patrons under 12 years old must meet one of the following:
  - Successfully pass a swim test (25 yards continuous swim and tread water for one minute) OR
  - Stand comfortably in chest deep water in the entire swim zone OR
  - Wearing a properly fitted United States Coast Guard (USCG) approved Personal Flotation Device (PFD or lifejacket) OR
  - Be within arms reach of adult (only one non-swimmer per adult)
- No diving permitted
- Please walk on pool deck
- Prolonged underwater breath holding is dangerous and is prohibited
- USCG approved lifejacket & water noodles may be used
- All pool equipment must be used appropriately
- Swimming without a certified lifeguard on duty is prohibited
- Swim diapers are required for swimmers who are not potty-trained
- Please shower before entering pool
- Eating is permitted in designated areas only
- Appropriate swimming attire must be worn at all times (cut-offs, jeans, etc are not permitted)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# MARCH AQUATICS CLASSES – LA JOLLA YMCA

MONDAY AM	TUESDAY AM	WEDNESDAY AM	THURSDAY AM	FRIDAY AM	SATURDAY AM
8-8:50 <b>Aqua Fit</b> REC - Simone	8:15-9:05 <b>Aqua Deep STRENGTH</b> LAP - Sara S	8-8:50 <b>Aqua Fit</b> REC - Simone	8:15-9:05 <b>Aqua Deep STRENGTH</b> LAP - Simone	8-8:50 <b>Aqua Fit</b> REC - Michelle	<div style="background-color: black; color: white; padding: 5px; text-align: center;"> <b>NEW PARTICIPANTS:</b> Please introduce yourself to the instructor at beginning of class.         </div> <div style="border: 1px solid black; padding: 5px; text-align: center; margin-top: 10px;"> <b>Deep -</b> Non-impact exercise in deep water with assistance of a flotation belt.         </div> <div style="background-color: black; color: white; padding: 5px; text-align: center; margin-top: 10px;"> <b>REC:</b> Recreational Pool   <b>LAP:</b> Lap Pool         </div>
8:30-9:20 <b>Aqua Deep Interval</b> LAP - Betsy	8:40-9:30 <b>Aqua Fit</b> REC - Susana	8:30-9:20 <b>Aqua Deep Interval</b> LAP - Betsy	8:40-9:30 <b>Aqua Fit</b> REC - Staff	8:30-9:20 <b>Aqua Deep Interval</b> LAP - Julie	
9:25-10:15 <b>Deep Aqua Fit</b> REC - Betsy		9:25-10:15 <b>Deep Aqua Fit</b> REC - Betsy		9:25-10:15 <b>Deep Aqua Fit</b> REC - Julie	
11:10-12:00 <b>Hydro Healing</b> REC - Delia		11:10-12:00 <b>Hydro Healing</b> REC - Delia		11:10-12:00 <b>Hydro Healing</b> REC - Susan	
MONDAY PM	TUESDAY PM	WEDNESDAY PM	THURSDAY PM	FRIDAY PM	
2:30-3:45 <b>Swim Masters</b> LAP - Sofia	2:30-3:45 <b>Swim Masters</b> LAP - Sofia	12:00-1:00 <b>Swim Masters</b> LAP - Sofia	12:00-1:00 <b>Swim Masters</b> LAP - Sofia (30 minute dry land, 30 minute swim)	2:30-3:45 <b>Swim Masters</b> LAP - Sofia	
6:00-7:00 <b>Swim Masters</b> LAP - Sean		6:00-7:00 <b>Swim Masters</b> LAP - Sean	2:30-3:45 <b>Swim Masters</b> LAP - Sofia	6-6:50 <b>Aqua Fit</b> REC - Susana	
6-6:50 <b>Aqua Fit</b> REC - Delia		6-6:50 <b>Aqua Fit</b> REC - Delia			

**Aqua Deep Strength** – A tough workout that utilizes resistive equipment to strengthen the whole body. **CF, CS, MS**

**Aqua Deep Interval** – A tough workout that utilizes intervals and high intensity activity in deep water with assistance of floatation belt. **CF, CS, MS, B**

**Aqua Fit** – Low impact water exercise in shallow water, non-swimmers welcome. **CF, CS, MS, B**

**Aqua HIIT/Express** – A tough workout that utilizes intervals and high intensity activity. **CF, CS, MS**

**Aqua Interval** – A tough workout that utilizes intervals and high intensity activity. **CF, CS, MS, B**

**Swim Masters** – Geared toward lap swimmers looking for a coached workout. Great training for triathletes! **CF, MS**

**Hydro Healing** – Gentle exercise designed to enhance joint mobility beneficial for participants with chronic health conditions. **CS, B, MS, F**

**MS = MUSCULAR STRENGTH:** Increases strength and enhances muscular development and coordination.

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

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

**CF = CARDIOVASCULAR FITNESS:** Strengthens the heart and lungs for efficiency.

**B = BALANCE:** Improves proprioception and reduces the risk of falling.

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