



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAN MCKINNEY YMCA GROUP EXERCISE SCHEDULE | MAY 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
Sara (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 IA
9:00 - 9:55
Cappie (MS)

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

PICKLEBALL ♥ ★65
9:00 - 12:00
(GYM)

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
Julie (MP III) ★65

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

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

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

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)
*No class 4/20 & 4/27

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

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

PICKLEBALL
9:00 - 11:45
(GYM)

FOREVER FIT ♥ ★65
10:00 - 10:55
Christine (MP III)

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

FOAM ROLLER - NEW!
11:00 - 11:55
David (MS)

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)

WILLPOWER IA
9:30 - 10:25
Sara (MP III)

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

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

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

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

SUNDAY

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

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

TRX ◆
9:30 - 9:55
Sam (MP III)

HATHA YOGA ♥
9:30 - 11:15
David (MS)

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

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.



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DAN MCKINNEY YMCA GROUP EXERCISE SCHEDULE | MAY 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
Christine (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

VINYASA FLOW YOGA
*NEW TIME
12:00 - 1:15
*NEW TIME
Sylvia (MS)

SUNDAY

SUPPORTIVE TITLES

INTRO =
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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 Dana Hillstrom for more info and to schedule your 1 free session at dhillstrom@ymca.org

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

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.

INTERMEDIATE/ADVANCED Higher intensity and advanced instruction provided.

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

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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
Lap Pool Lap Swim	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
Recreation Pool Lap Swim	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
Recreation Pool Open Swim	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
Splash Pad	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
Water Aerobics	8:00am AF 8:30am AI 9:25am DAF 11:10am HH 6:00pm AF	8:15am AS 8:40am AF 3:30pm AHE	8:00am AF 8:30am AI 9:25am DAF 11:10am HH 6:00pm AF	8:15am 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)



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MAY AQUATICS CLASSES – LA JOLLA YMCA

MONDAY AM	TUESDAY AM	WEDNESDAY AM	THURSDAY AM	FRIDAY AM	SATURDAY AM
8-8:50 Aqua Fit REC - Simone	8:15-9:05 Aqua Deep STRENGTH LAP - Sara S	8-8:50 Aqua Fit REC - Simone	8:15-9:05 Aqua Deep STRENGTH LAP - Simone	8-8:50 Aqua Fit REC - Michelle	<div style="background-color: black; color: white; padding: 5px; text-align: center;"> NEW PARTICIPANTS: 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;"> Deep – 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;"> REC: Recreational Pool LAP: Lap Pool </div>
8:30-9:20 Aqua Deep Interval LAP - Betsy	8:40-9:30 Aqua Fit REC - Susana	8:30-9:20 Aqua Deep Interval LAP - Betsy	8:40-9:30 Aqua Fit REC - Staff	8:30-9:20 Aqua Deep Interval LAP - Julie	
9:25-10:15 Deep Aqua Fit REC - Betsy		9:25-10:15 Deep Aqua Fit REC - Betsy		9:25-10:15 Deep Aqua Fit REC - Julie	
11:00-11:50 Hydro Healing REC - Jen		11:00-11:50 Hydro Healing REC - Jen		11:00-11:50 Hydro Healing REC - Susan	
MONDAY PM	TUESDAY PM	WEDNESDAY PM	THURSDAY PM	FRIDAY PM	
2:30-3:45 Swim Masters LAP - Sofia	2:30-3:45 Swim Masters LAP - Sofia	12:00-1:00 Swim Masters LAP - Sofia	12:00-1:00 Swim Masters LAP - Sofia (30 minute dry land, 30 minute swim)	2:30-3:45 Swim Masters LAP - Sofia	
6:00-7:00 Swim Masters LAP - Staff		6:00-7:00 Swim Masters LAP - Sofia	2:30-3:45 Swim Masters LAP - Sofia	6-6:50 Aqua Fit REC - Susana	
6-6:50 Aqua Fit REC - Delia		6-6:50 Aqua Fit 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.