



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PALOMAR FAMILY YMCA GROUP EXERCISE SCHEDULE | AUGUST

## MORNING

**MONDAY**

**CYCLING/  
BODYPUMP  
EXPRESS 30**  
6:00 – 7:00  
Jenn (GFS)

**STRENGTH**  
8:00 – 8:50  
Dena T. (GFS)

**EXERCISE LITE**  
8:00 – 8:50  
Sara H. (MBS)

**AQUA FIT**  
8:30 – 9:25  
Andrea H. (POOL)

**CYCLING**  
9:00 – 9:50  
Linda J. (GFS)

**GENTLE YOGA**  
9:30 – 10:50  
Michael G. (MBS)

**BODYPUMP®**  
10:00 – 11:00  
Jaci (GFS)

**STRENGTH**  
11:00 – 11:50  
Becky H. (MBS)

**FOREVER FIT**  
11:30 – 12:20  
Kelli (GFS)

**TUESDAY**

**CYCLING**  
6:00 – 6:50  
Jenn (GFS)

**STRENGTH/  
STABILITY BALL**  
6:30 – 7:20   
Tracy T. (MBS)

**PILATES**  
8:00 – 8:50  
Rondi L. (MBS)

**STEP**  
8:00 – 8:50  
Dena T. (GFS)

**AQUA FIT/DEEP**  
8:30 – 9:25   
Terri W. (POOL)

**BODYPUMP®**  
9:00 – 10:00  
Jenn (GFS)

**POWER YOGA**  
9:00 – 10:20   
Jill E. (MBS)

**PILATES**  
11:00 – 11:50  
Kerry H. (MBS)

**CHAIR YOGA**  
12:15 – 1:05  
Carol H. (MBS)

**WEDNESDAY**

**STRENGTH**  
8:00 – 8:50  
Becky H. (MBS)

**EXERCISE LITE**  
8:00 – 8:50   
Sara H. (GFS)

**AQUA FIT**  
8:30 – 9:25   
Berta. (Pool)

**TREADMILL**  
8:30 – 9:00  
Jenn (FITNESS CTR)

**CYCLING**  
9:00 – 9:50  
Jenn (GFS)

**GENTLE YOGA**  
9:30 – 10:50   
Michael G. (MBS)

**BODYPUMP®**  
10:00 – 11:00  
Jenn (GFS)

**FOREVER FIT**  
11:30 – 12:20   
Yvonne (GFS)

**THURSDAY**

**CYCLING**  
6:00 – 6:50  
Multi (GFS)

**STRENGTH**  
8:00 – 8:50   
Dena T. (MBS)

**STEP**  
8:00 – 8:50  
Dean P. (MBS)

**AQUA FIT/DEEP**  
8:30 – 9:25   
Terri W. (POOL)

**BODYPUMP®**  
9:00 – 10:00  
Kristin U. (GFS)

**POWER YOGA**  
9:00 – 10:20   
Harumi (MBS)

**BARRE**  
10:15 – 11:05  
Michelle. (GFS)

**PILATES**  
11:00 – 11:50   
Harumi (MBS)

**CHAIR YOGA**  
12:15 – 1:05   
Carol H. (MBS)

**FRIDAY**

**TREADMILL/  
STRENGTH/  
EXPRESS**  
6:00 – 6:45  
Kelli (Fitness CTR)

**CYCLING/STRETCH**  
8:00 – 8:50  
Jenn (GFS)

**STABILITY BALL**  
8:00 – 8:50  
Terri W. (MBS)

**AQUA FIT**  
8:30 – 9:25   
Berta (POOL)

**ZUMBA®**  
9:00 – 9:50  
Sheila (GFS)

**GENTLE YOGA**  
9:30 – 10:50   
Michael (MBS)

**BODYPUMP®**  
10:00 – 11:00  
Jenn (GFS)

**SATURDAY**

**EXTREME FIT**  
8:00 – 8:50   
Multi (GFS)

**PILATES**  
8:00 – 8:50  
Rondi (MBS)

**AQUA FIT**  
8:30 – 9:25   
Berta (POOL)

**KIDS ONLY FIT**  
9:00 – 9:50   
Becky H. (GFS)

**VINYASA YOGA**  
9:15 – 10:25  
Maria A. (MBS)

**SUNDAY**

**VINYASA YOGA**  
9:15 – 10:25  
Harumi (MBS)

**ZUMBA FAMILY/  
EXTENDED**  
9:15 – 10:25   
Cindy (MBS)

**5+** 5+ Children ages 5-12 and parent/guardian must actively participate together.

**7+** 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:**  
(GFS) Group Fitness Studio  
(MBS) Mind Body Studio  
(POOL) Outdoor Pool  
(FITNESS CTR) Fitness Center

**FOR MORE INFORMATION ON GROUP EXERCISE CLASSES:**  
Kristin Ugrob | Health & Fitness Director Palomar Family YMCA  
760-745-7490 • kugrob@ymca.org



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# PALOMAR FAMILY YMCA GROUP EXERCISE SCHEDULE | AUGUST

## AFTERNOON

**MONDAY**

**FUSION YOGA**  
4:15 - 5:35  
Claire F. (MBS)



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**ZUMBA®**  
5:30 - 6:20  
Tabatha (GFS) **7+**


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**STRENGTH**  
5:45 - 6:35  
Laura A. (MBS)

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**AQUA FIT/DEEP**   
6:00 - 7:00   
Andrea/Berta (POOL)

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**CYCLING**   
6:30 - 7:20  
Stephanie (GFS)

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**CARDIO BLAST**  
7:30 - 8:20  
Carmen (GFS)

**TUESDAY**

**BODYPUMP®**  
5:30 - 6:30  
Dean P. (GFS)

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**STEP/STRENGTH**  
5:30 - 6:20  
Donna B. (MBS)

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**HATHA YOGA** **7+**  
6:30 - 7:20  
Harumi (MBS)

**WEDNESDAY**

**KIDS ONLY FIT** **5+**  
4:15 - 5:05  
Dovie. (GFS)



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**FUSION YOGA**  
4:15 - 5:35  
Claire F. (MBS)

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**ZUMBA®**  
5:30 - 6:20  
Cindy W. (GFS)


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**AQUA FIT/DEEP**   
6:00 - 7:00   
Berta (POOL)

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**HIIT**  
5:45 - 6:25  
Kristin S. (MBS)

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**CYCLING**   
6:30 - 7:20  
Kristin S, (GFS)


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**CARDIO BLAST**  
7:30 - 8:20  
Carmen (GFS)

**THURSDAY**

**BODYPUMP®**  
5:30 - 6:30  
Valery (GFS)

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**TAI CHI**  
6:00 - 6:50  
Joe N. (MBS) 

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**CYCLING**  
6:45 - 7:35  
Valery (GFS)

**FRIDAY**

**FUSION YOGA**  
4:15 - 5:35  
Claire F. (MBS)

### MONTHLY UPDATES:

- Labor Day workout, special class schedule. Y open to the community 5:30am to 4pm.

### 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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