



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RANCHO FAMILY YMCA GROUP EXERCISE SCHEDULE | July

## MORNING

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY   |
|---|---|---|---|---|---|--|
| <b>Cycle</b><br>5:30-6:30<br>Kristeen(S2) FF                | <b>Cardio Blast</b><br>6:00-7:00<br>Becky (S3)              | <b>Cycle</b><br>5:30-6:30<br>Kristeen(S2) FF                | <b>Cardio Blast</b><br>6:00-7:00<br>Becky (S3)            | <b>TRX/Combo</b><br>5:30-6:30<br>Ruben (S1)               | <b>Zumba®</b><br>8:00-9:00<br>Thomas(S3)                    | <b>Body Pump®</b><br>9:00-10:00<br>Cheryl(S3)        |
| <b>BODY PUMP®</b><br>6:00-7:00<br>Rachelle(S3)              | <b>BODY PUMP®</b><br>8:00-9:00<br>Cheryl(S3)                | <b>Strength</b><br>6:00-7:00<br>Becky (S3)                  | <b>BODY PUMP®</b><br>8:00-9:00<br>Cathy(S3)               | <b>Cardio Blast/Strength</b><br>6:00-7:00<br>Becky(S1)    | <b>Step</b><br>8:30-9:30<br>Mimi M.(S1)                     | <b>Zumba®</b><br>10:15-11:15<br>Harumi O.(S3)        |
| <b>Zumba®</b><br>8:15-9:15<br>Harumi O.(S3)                 | <b>Pilates-Beginner</b><br>8:15-9:15<br>Harumi M.(S1) GS    | <b>Zumba®</b><br>8:00-9:00<br>Shelley (S3)                  | <b>Hi-Lo Cardio</b><br>9:15-10:15<br>Francine(S3) FF, GS  | <b>Dancel Cardio/ Line</b><br>8:00-9:00<br>Shelley (S3)   | <b>Cycle</b><br>9:30-10:30<br>Diane Parry (S2) FF           | <b>Hatha Yoga</b><br>11:15-12:15<br>Nancy(S1) GS, FF |
| <b>Walking Club</b><br>9:00-10:00am<br>Francine(SR) YAA, GS | <b>Hi-Lo Cardio</b><br>9:15-10:15<br>Francine(S3) FF, GS    | <b>Walking Club</b><br>9:00-10:00am<br>Francine(SR) YAA, GS | <b>Core Fit</b><br>9:30-10:30<br>Diane(S1)                | <b>Step</b><br>9:15-10:15<br>Patty H (S3)                 | <b>TKB®</b><br>9:45-10:45<br>Jimmy(S1)                      |  |
| <b>HIIT</b><br>9:15-10:15<br>Emily (S1)                     | <b>Pilates-Advanced</b><br>9:30-10:30<br>Harumi M.(S1) I/A  | <b>Strength</b><br>9:30-10:30am<br>Jenn (S1)                | <b>Extreme Fit</b><br>10:30-11:30<br>Cathy (S3)           | <b>Cardio Blast</b><br>9:30-10:30<br>Wendy(S1)            | <b>Yoga</b><br>11:00-12:00<br>Patty B./Shelley(S1)          |  |
| <b>Cardio Blast</b><br>9:30-10:30<br>Cathy(S3)              | <b>Stroller Jam</b><br>9:30-10:30<br>Rachelle- Hilltop Park | <b>Cycle</b><br>9:30-10:30<br>Emily(S2) FF                  | <b>Forever Fit</b><br>11:00-12:00<br>Francine(S1) YAA, GS | <b>Cycle</b><br>9:30-10:30<br>Meredith (S2) FF            |   |  |
| <b>TRX/Combo</b><br>10:30-11:30<br>Cathy(S1)                | <b>Body Combat®</b><br>10:30-11:30<br>Cheryl(S3)            | <b>Cardio Blast</b><br>9:15-10:15<br>Cathy(S3)              | <b>Chair Yoga</b><br>12:00-12:30<br>Francine (S3) YAA, GS | <b>Hatha Yoga</b><br>10:30-11:30<br>Cathy(S3)             |   |  |
| <b>Hatha Yoga</b><br>10:45-11:45<br>Francine(S3)            | <b>Forever Fit</b><br>11:00-12:00<br>Francine(S1) YAA, GS   | <b>Power Yoga</b><br>10:30-11:30<br>Shelley(S3)             |   | <b>Chair Yoga</b><br>11:30-12:15<br>Francine (S1) YAA, GS | <b>Aqua Interval-Pool</b><br>8:00-8:55 FF<br>Diane/Francine |  |
| <b>Zumba Gold®</b><br>11:45- 12:30<br>Thomas (S1) YAA, GS   | <b>Chair Yoga</b><br>12:00-12:30<br>Francine (S3) YAA, GS   | <b>Zumba Gold®</b><br>11:45- 12:30<br>Thomas (S1) YAA, GS   |   |   |   |  |
|   |   |   |   |   |   |  |
| <b>Aqua Interval</b><br>8:30-9:25<br>Cathy D.               | <b>Coached Masters</b><br>5:30-6:30<br>Pool                 | <b>Coached Masters</b><br>5:30-6:30<br>Pool                 | <b>Coached Masters</b><br>5:30-6:30<br>Pool               | <b>Aqua Combo</b><br>7:30-8:25<br>Francine I/A            |   |  |
| <b>Arthritis Plus</b><br>9:45-10:45<br>Kathy YAA, GS        | <b>Deep Water</b><br>7:00-7:55<br>Francine I/A              | <b>Aqua Interval</b><br>8:30-9:25<br>Diane                  | <b>Deep Water</b><br>7:00-7:55<br>Francine I/A            | <b>Aqua Interval</b><br>8:30-9:25<br>Kathy                |   |  |
|   | <b>Aqua Interval</b><br>8:30-9:30<br>Diane I/A              | <b>Arthritis Plus</b><br>9:45-10:45<br>Kathy YAA, GS        | <b>Aqua Zumba®</b><br>8:30-9:30<br>Harumi                 | <b>Arthritis Plus</b><br>9:45-10:45<br>Kathy YAA, GS      |   |  |

I/A **I/A INTERMEDIATE/ADVANCED**

FF **FAMILY FRIENDLY. Kids Ages 7+ allowed with parent**

YAA **Y ACTIVE ADULT. Activities designed for older adults**

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

### LOCATIONS

(S1) Studio 1      (S2) Studio 2

(S3) Studio 3      (SR) Scripps Ranch

