



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RANCHO FAMILY YMCA GROUP EXERCISE SCHEDULE | June

## MORNING

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



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# RANCHO FAMILY YMCA GROUP EXERCISE SCHEDULE | June

**AFTERNOON**

**MONDAY**

**Kid Friendly Fit**  
4:00-4:45  
Mark(S3)

**TRX Combo**  
5:30-6:30  
Emily(S1)

**BODY PUMP ©**  
5:30-6:30  
Cheryl(S3)

**Cycle**  
6:30-7:30  
Meredith(S2) FF

**Hatha Yoga**  
6:45-7:45  
Francine (S3)

**Zumba ©**  
6:45-7:45  
Harumi (S1)

**Aqua Interval**  
6:35-7:30pm  
Kristianne

**TUESDAY**

**Kid Friendly Fit**  
4:00-4:45  
Eduardo (S3)

**Extreme Fit**  
5:45-6:45  
Rob(S1)

**Cycle / Core**  
6:30-7:30  
Cyndi/ Rachelle(S2) FF

**Tai Chi**  
7:00-8:00  
Patty B.(S1)(GS)(YAA)

**Aqua Zumba ©- Pool**  
6:35-7:30  
Gerty

**WEDNESDAY**

**Zumba ©**  
5:30-6:30  
Harumi(S1)

**BODY PUMP©**  
6:00- 7:00  
Emily (S3) **New Time!**

**TKB ©**  
6:45-7:45  
Jimmy (S1)

**Gentle Yoga**  
7:15-8:15  
Patty B.(S3) GS,YAA,  
FF

**Aqua Interval**  
6:35-7:30pm  
Kristianne

**THURSDAY**

**Kids Only Fit**  
4:00-4:45  
Rob(S3)

**Step**  
5:45-6:45  
Mimi(S1) GS

**BODY PUMP ©**  
6:00 -7:00  
Emily (S3)

**Cycle**  
6:30-7:30  
Vince (S2) FF

**Power Yoga**  
7:00-8:00  
Megan (S1)

**Zumba ©**  
7:15-8:15  
Mary Rose (S3)

**FRIDAY**

**Zumba ©**  
5:30-6:30  
Thomas(S1) GS

**BODY PUMP ©**  
5:45-6:45  
Fleeta (S3)

**Core Fit**  
6:45-7:15pm  
Fleeta (S1)

**SATURDAY**

**SUNDAY**

## MONTHLY UPDATES:

Farmer's Market every Saturday 9-1

TRY STROLLER JAM on Tuesday's 9:30-10:30 at Hilltop Park (outdoors)

Fill out your frequent Yer card and hand it in for a chance to win a free moth of membership.

**REMINDERS:** Schedule subject to change without prior notice.

Please scan your membership card before class.

Please be respectful of others in class.

Please scan your membership card before class.