



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOIN US



Labor Day Workout Schedule

Open to all in the San Diego community (childcare available).

Monday, September 7 | Facility Hours: 5:00 AM-4:00 PM | FREE

SPECIAL GROUP CLASS SCHEDULE—Regular schedule resumes on Tuesday.

STUDIO 1	STUDIO 2	STUDIO 3	MEGA STUDIO	LOFT	INST. POOL
Flexibility 8:00-8:50 am MacPherson	Body Blast 8:00-8:50 am Chase	Somatics 8:00-8:50 am Linda	BODYPUMP™ 8:00-8:50 am Julie	Cycling 7:00-7:50 am Elizabeth	Aqua 8:00-8:55 am Charla
Classical Yoga 9:00-10:20 am Hilary	Step 9:00-9:50 am Leslie M.	Bender Barre 9:00-9:50 am Ginger	KettleWorX® Core 9:15-9:45 am Kristin U.	Cycling 8:00-8:50 am Steve	OUTDOOR
Pilates 10:30-11:20 am Kim	Group Strength 10:00-10:50 am Leslie M.	Y50X 10:00-10:50 am Denise	KettleWorX® Resist. 9:45-10:15 am Kristin U.	Cycling 9:00-10:30 am Laura	SportWalk 8:00-9:30 am Bill
Gentle Yoga 11:30 am-12:50 pm Dannette	Sandbell 11:00-11:50 am Tracey	AOA 11:00-11:50 am Cheri	BODYPUMP™ 10:30-11:30 am Mariah		
			Zumba® 11:30 am-12:20 pm Kristin K.		

Questions? Please contact Cheri Pogeler at cpogeler@ymca.org or 760.942.9622 x1032