JUNE GROUP EXERCISE (PM)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYPUMP -PR 12:00-12:55 PM STEF (STUDIO A & B)	VINYASA YOGA 12:00-12:55 AM BRITTANY (FIREHOUSE)	BODYPUMP -PR 12:00-12:55 AM JESSICA (STUDIO A & B)	HATHA YOGA 12:00-12:55 PM VALERIE (STUDIO A & B)	BODYPUMP -PR 12:00-12:55 PM SYLVIA (STUDIO A & B)	HATHA YOGA 12:00-1:00 PM CHRIS (STUDIO A & B)	
MINDFULNESS MONDAYS 12:30-1:00 PM CHRISTINE S (STUDIO C)	HATHA YOGA 12:00-12:55 PM VALERIE (STUDIO A & B)	BALANCE-YAA 4:00-4:55 PM CHRISTINE S (STUDIO A & B)	POWER VINYASA YOGA 4:30-5:25 PM HOLLY (STUDIO A & B)	POWER YOGA -PR 5:30-7:00 PM MELINDA (STUDIO C)		
FOREVER FIT-YAA 1:15-2:10 PM CLAUDIA (STUDIO A & B)	U-JAM-FF 5:00-5:55 PM EMILY(STUDIO C)	POWER YOGA 5:30-7:00 PM MELINDA (FIREHOUSE)	CYCLING -PR 5:00-5:55 PM CAROLYN (STUDIO C)	BODYPUMP 5:30-6:25 PM LENA (STUDIO A & B)		
CYCLE -PR 4:15-5:10 PM GAYLE (STUDIO C)	BODYCOMBAT-FF 5:00-5:55 PM AARON (FIREHOUSE)	RESTORATIVE YOGA-YAA -PR 5:30-7:00 PM CHRISTINE S (STUDIO C)	BODYCOMBAT-FF 5:45-6:40 PM JESSICA (STUDIO A & B)			
POWER YOGA -PR 5:30-7:00 PM MELINDA (STUDIO C)	BODYPUMP -PR 5:30-6:25 PM KYLEE (STUDIO A & B)	ZUMBA-FF 6:35-7:30 PM CHRISTINA (STUDIO A & B)				
STRENGTH -PR 5:40-6:30 PM ALEX (STUDIO A & B)						
ZUMBA-FF 6:35-7:30 PM CHRISTINA (STUDIO A & B)						

DAN McKINNEY FAMILY YMCA

PR=PASS REQUIRED

RESERVATION AVAILABLE

Orange = new or change to class

FF = Family Friendly

YAA = Suitable for Older Adults

Red indicates class is at Shepherd YMCA Firehouse 7877 Herschel Ave. La Jolla, CA

Please arrive early for cycle classes to setup your bike.

SCAN FOR DIGITAL SCHEDULE

For more information about each class, health benefits, level of difficulty, equipment needed or any restrictions go to ymcasd.org/mckinney