



YMCA OF SAN DIEGO COUNTY
**COMMUNITY
WELL-BEING
& BELONGING**

SHEPHERD YMCA FIREHOUSE

MAY 2025

GROUP EXERCISE SCHEDULE

DAY	TIME	CLASS	INSTRUCTOR	LOCATION
MONDAY	10:00 - 11:15 AM	YIN YOGA	HEIDI	STUDIO C
MONDAY	11:30 - 12:25 PM	PILATES	KELSEY	STUDIO C
TUESDAY	8:00 - 8:55 AM	ZUMBA	COCO	ENGINE ROOM
TUESDAY	9:00 - 9:55 AM	BODYPUMP	SYLVIA	ENGINE ROOM
TUESDAY	10:30 - 11:45 AM	VINYASA YOGA	CRYSTAL	STUDIO C
WEDNESDAY	5:00 - 5:55 PM	BODYCOMBAT	AARON	ENGINE ROOM
WEDNESDAY	10:30 - 11:25 AM	RESTORATIVE YOGA	GENEVIEVE	STUDIO C
THURSDAY	5:30 - 7:00 PM	POWER YOGA	HEIDI	STUDIO C
THURSDAY	9:00 - 9:55 AM	QI GONG	YAHUI	STUDIO C
FRIDAY	10:00 - 11:15 AM	YIN YOGA	HEIDI	STUDIO C
FRIDAY	8:30 - 9:25 AM	ZUMBA	TOLU	ENGINE ROOM
FRIDAY	10:00 - 11:00 AM	RESTORATIVE YOGA	HEIDI	STUDIO C
FRIDAY	11:30 - 12:25 PM	TAI CHI	TOM	STUDIO C

*** Branch is open only for Group Exercise Classes***

*** Located at 7877 Herschel Ave La Jolla, CA ***

