

# JANUARY SHEPHERD FIREHOUSE GROUP EXERCISE SCHEDULE

## MONDAY

**ZUMBA**  
9:00-9:55 AM  
Andrea - Engine Room

**YIN YOGA**  
10:00-11:15 AM  
Heidi - Studio C



## TUESDAY

**BODYPUMP**  
9:30-10:25 AM  
Sylvia - Engine Room

**BODYCOMBAT**  
5:00-5:55 PM  
Aaron - Engine Room

Shepherd Firehouse YMCA  
7877 Herschel Ave, La Jolla

## WEDNESDAY

**ZUMBA**  
9:00-9:55 AM  
Andrea - Engine Room

**RESTORATIVE YOGA**  
10:30-11:45 PM  
Genevieve - Studio C

**POWER YOGA**  
5:30-7:00 PM  
Melinda - Studio C



## THURSDAY

**YIN YOGA** | 10:00-11:15 AM  
Heidi - Studio C

Facility Hours:  
Only open during Group  
Exercise classes