



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHEAST VENTURA COUNTY YMCA

SIMI VALLEY YMCA

GROUP X SCHEDULE

ALL CLASSES ARE NOW HELD INDOORS



MONDAY

6:00am
**TOTAL BODY
CONDITIONING**
Francis

8:00am
GROUP CYCLE
Erin

9:00am
**PILATES/
CORE FUSION**
Stacey

5:00pm
**TOTAL BODY
CONDITIONING**
Tara

TUESDAY

8:00am
**TOTAL BODY
CONDITIONING**
Francis

Beginner
9am-9:30am
Intermediate
9:30am-10am
LINE DANCING
Jodi

6:00pm
GROUP CYCLE
Francis

WEDNESDAY

6:00am
GROUP CYCLE
Francis

8:00am
GROUP CYCLE
Stacey

9:00am
SENIOR STRONG
Stacey

6:00pm
VINYASA FLOW YOGA
Marina

5:00pm
**TOTAL BODY
CONDITIONING**
Karen

THURSDAY

8:00am
**TOTAL BODY
CONDITIONING**
Erin

9:00am
ZUMBA
Karla

10:15am
GENTLE YOGA
Karla

6:00pm
GROUP CYCLE
Erin

FRIDAY

6:00 am
GROUP CYCLE
Karen

8:00am
GROUP CYCLE
Francis

9:00am
SENIOR STRONG
Stacey

SATURDAY

**NO CLASSES
SCHEDULED**

PLEASE BRING YOUR OWN MAT FOR CLASSES.

10/22/2021



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SOUTHEAST VENTURA COUNTY YMCA

SIMI VALLEY YMCA DESCRIPTIONS GROUP X CLASSES

www.sevymca.org/liveclasses



TOTAL BODY CONDITIONING

This strength training class is aimed at increasing muscular strength, endurance and definition for your entire body. This class is designed to build strength with body weighted and cardio exercises.

SENIOR STRONG

Senior Strong - A stress free, energetic class geared towards active seniors. This low-impact class will help to increase flexibility, strengthen muscles and improve day to day functions.

GROUP CYCLE/SPYN

An instructor led cycling class designed to build strength, endurance and expend calories for a total aerobic workout.

ZUMBA

A dynamic and exciting class full of Latin Exotic music flavors. A great cardiovascular workout.

PILATES/YOGA FUSION

Combines core conditioning with flexibility to promote a healthy relationship between mind, body, & spirit.

YOGA

An introductory class for beginners to learn the primary positions in the practice of yoga at a slower pace.

GROUP CYCLE

"Group Cycle" is a combo class with drills on the bike combined with off bike cardio and resistance bursts in-between for a full body workout.

LINE DANCING

This class will keep you moving with fun dance steps performed to a variety of music.