



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHEAST VENTURA COUNTY YMCA

CLASS SCHEDULE

VIRTUAL



MONDAY

8:00am
YOGA
Nancy

8:30am
TAI CHI
Kimiko

9:00am
ZUMBA
Ida

10:00am
LOW IMPACT
Lilly

11:00am
SENIOR STRONG
Stacey

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

TUESDAY

6:00am
POWER SCULPT
Courtney

8:30am
TAI CHI
Kimiko

9:00am
CORE & MORE
Gabrielle

10:00am
ZUMBA
Cece

11:00am
YOGA
Nancy

12:30pm
SENIOR FIT
Fumiko

5:00pm
CARDIO, CORE & MORE
Stacey

WEDNESDAY

8:00am
YOGA
Fumiko

8:30am
TAI CHI
Kimiko

9:00am
ZUMBA
Ida

9:30am
POWER SCULPT
Kerri

10:00am
LOW IMPACT
Lilly

5:00pm
GENTLE YOGA
Karla

THURSDAY

6:30am
**TOTAL BODY
CONDITIONING**
Francis

8:00am
YOGA
Kristie

8:30am
TAI CHI
Kimiko

11:00am
SENIOR FIT
Fumiko

5:00pm
CARDIO, CORE & MORE
Stacey

FRIDAY

6:00am
BOOT CAMP
Kate

8:30am
**TOTAL BODY
CONDITIONING**
Erin

9:00am
POWER SCULPT
Kerri

10:00am
ZUMBA
Ida

11:30am
LOW IMPACT
Lilly

5:00pm
PILATES
Marina

SATURDAY

8:00am
FLOW YOGA
Fumiko

9:00am
**TOTAL BODY
CONDITIONING**
Francis

10:00am
LOW IMPACT
Kerri

SUNDAY

8:00am
YOGA
Fumiko

9:00am
POWER SCULPT
Kerri

10:00am
LOW IMPACT
Kerri



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SOUTHEAST VENTURA COUNTY YMCA

DESCRIPTIONS VIRTUAL CLASS

www.sevymca.org/liveclasses



HIGH FITNESS

This class transforms old school aerobics into a highly addictive new fitness experience that combines simple, modern fitness techniques with music you know and love.

ZUMBA

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

LOW IMPACT CONDITIONING

(Active Older Adults)

A class geared to our active older adults that focuses on balance, strength and conditioning using low impact movements and formats.

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.

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

POWER SCULPT

This heart pumping workout will hit all parts of the body using various tools such as dumbbells, steps and body weight for a tone and sculpted body.

CARDIO, CORE & MORE

A high energy and high impact class that combines cardio conditioning, circuit training, and resistance training using body weighted exercises. A challenging workout for all levels of fitness. All moves can be modified to lower impact.

TAI CHI

Gentle physical exercise and stretching through a series of flows that improve balance and calm the mind. Tai Chi Kung Fu Fan is recommended for this class

BEGINNING YOGA

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

GENTLE YOGA

This class is suitable for individuals who enjoy yoga at a slower pace utilizing props such as blocks, chairs and straps.

BARRE

This class is a full body workout concentrating on toning the hips, thighs, glutes, abdominals and arms. This low impact workout focuses on isometric exercises that will strengthen your legs core and back while improving flexibility and mobility.

FLOW YOGA

A faster-paced yoga practice called Vinyasa, is characterized by continuation of dynamic poses that you move seamlessly with the breath. It gives your body a low impact cardio workout.

BOOT CAMP

Each class is designed differently and pushes you out of your comfort zone all while having fun.

PILATES

Helps to build strength and flexibility with an emphasis on lengthening the body and aligning the spine.

POWER YOGA

This class strengthens and stretches your muscles. The sequence of yoga poses are dynamic and move at a quick pace.