



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHEAST VENTURA COUNTY YMCA

YARROW FAMILY YMCA

GROUP X SCHEDULE



MONDAY

9:15am

BOOTCAMP

Michelle/Indoor
Yarrow Family YMCA

9:00am

FLOW YOGA

Fumiko/Indoor
Yarrow Family YMCA

6:00pm

YOGA

Kristie/Indoor
Yarrow Family YMCA

6:00am

BOOT CAMP

Gerardo/Outdoor
Yarrow Family YMCA

8:00am

SPYN

Lilly/Outdoor
Yarrow Family YMCA

9:15am

HIGH FITNESS

Mary/Outdoor
Yarrow Family YMCA

TUESDAY

6:00am

BOOT CAMP

Mary/Indoor
Yarrow Family YMCA

9:00am

SPYN

Michelle/Indoor
Yarrow Family YMCA

10:30am

STRENGTH, STRETCH AND BALANCE

Lilly/Indoor
Yarrow Family YMCA

8:00am

BOOT CAMP

Gerardo/Outdoor
Yarrow Family YMCA

9:30am

LOW IMPACT

Lilly/Outdoor
Yarrow Family YMCA

WEDNESDAY

10:30am

GENTLE YOGA

Fumiko/Indoor
Yarrow Family YMCA

6:00am

BOOT CAMP

Angela/Outdoor
Yarrow Family YMCA

8:00am

SPYN

Kerri/Outdoor
Yarrow Family YMCA

9:15am

HIGH FITNESS

Mary/Outdoor
Yarrow Family YMCA

THURSDAY

9:30am

YOGA/PILATES

Fumiko/Indoor
Yarrow Family YMCA

10:00am

ZUMBA GOLD

Cece/Indoor
Yarrow Family YMCA

6:00am

SPYN

Todd/Outdoor
Yarrow Family YMCA

8:00am

BOOT CAMP

Gerardo/Outdoor
Yarrow Family YMCA

9:15am

SPYN/CIRCUIT

Lilly/Outdoor
Yarrow Family YMCA

6:00pm

SPYN

Tami/Outdoor
Yarrow Family YMCA

FRIDAY

9:15am

BOOTCAMP

Gerardo/Indoor
Yarrow Family YMCA

10:30am

STRENGTH, STRETCH AND BALANCE

Lilly/Indoor
Yarrow Family YMCA

6:00am

BOOT CAMP

Todd/Outdoor
Yarrow Family YMCA

8:00am

SPYN

Michelle/Outdoor
Yarrow Family YMCA

8:30am

TAI CHI

Kimiko/Outdoor
Yarrow Family YMCA

SATURDAY

9:30am

GENTLE YOGA

Fumiko/Indoor
Yarrow Family YMCA

8:00am

BOOT CAMP

Nick/Outdoor
Yarrow Family YMCA

8:00am

SPYN

Tami/Outdoor
Yarrow Family YMCA

PLEASE BRING YOUR OWN MAT FOR CLASSES.

= Indoor = Outdoor

10/27/2021



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SOUTHEAST VENTURA COUNTY YMCA

YARROW FAMILY YMCA DESCRIPTIONS GROUP X CLASSES

www.sevymca.org/liveclasses



BOOT CAMP

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

FLOW YOGA

Increases strengthening and flexibility. Flow yoga is a low-impact exercise with an energetic series of Hatha yoga poses to build strength with the breath and music.

GENTLE YOGA

Basic Hatha yoga practice with poses (asanas) to increase flexibility and balance with breath. This class is a softer, nurturing, slow-paced, and relaxing yoga practice.

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.

LOW IMPACT CONDITIONING

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

PILATES/ YOGA FUSION

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

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 toned and sculpted body.

POWER YOGA

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

SPYN

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

SPYN CIRCUIT

We have combined strength circuits with a spyn class to give you a HIIT workout that combines high intensity cardio with a contrasting high volume strength workout.

STRENGTH, STRETCH & BALANCE

This class gives seniors a total body workout with a focus on strengthening the core and limbs while amplifying the body's movement through stretching while improving overall balance, posture, muscle tone and mobility.

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.

YOGA

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

ZUMBA

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

ZUMBA GOLD

A lower-intensity version of the regular Zumba class and was designed to meet the anatomical, physiological and psychological needs of seniors. Perhaps Zumba Gold will provide a suitable option for older adults seeking alternative means of reaching their exercise goals.