



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

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

## WEDNESDAY

8:00am  
**YOGA**  
Fumiko

9:00am  
**ZUMBA**  
Ida

9:30am  
**POWER SCULPT**  
Kerri

10:00am  
**LOW IMPACT**  
Lilly

5:00pm  
**GENTLE YOGA**  
Karla

## THURSDAY

8:00am  
**YOGA**  
Kristie

8:30am  
**TAI CHI**  
Kimiko

11:00am  
**SENIOR FIT**  
Fumiko

## FRIDAY

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

12/29/2021



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SOUTHEAST VENTURA COUNTY YMCA

# DESCRIPTIONS VIRTUAL CLASS

[www.sevymca.org/liveclasses](http://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.