



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SOUTHEAST VENTURA COUNTY YMCA  
SIMI VALLEY YMCA  
**GROUP X CLASSES**



MAY 2022

**MONDAY**

6:00AM  
TOTAL BODY  
CONDITIONING  
FRANCIS

8:00AM  
GROUP CYCLE  
ERIN

9:00AM  
PILATES/CORE  
FUSION  
FRANCIS

10:00AM  
SENIOR STRONG  
KARLA

5:00PM  
TOTAL BODY  
CONDITIONING  
KAREN

**TUESDAY**

8:00AM  
TOTAL BODY  
CONDITIONING  
FRANCIS

9:00AM—9:30AM  
BEGINNER LINE  
DANCING  
JODI

9:30AM—10:00AM  
INTERMEDIATE LINE  
DANCING  
JODI

6:00PM  
GROUP CYCLE  
TINA

**WEDNESDAY**

6:00AM  
GROUP CYCLE  
FRANCIS

8:00AM  
GROUP CYCLE  
TINA

9:00AM  
SENIOR STRONG  
MARIA

9:00AM  
INTRO SMALL  
GROUP TRAINING  
ERIN

9:45AM  
INTRO SMALL  
GROUP TRAINING  
ERIN

5:00PM  
TOTAL BODY  
CONDITIONING  
KAREN

6:00PM  
VINYASA FLOW  
YOGA  
MARINA

**THURSDAY**

8:00AM  
TOTAL BODY  
CONDITIONING  
ERIN

9:00AM  
ZUMBA  
KARLA

10:15AM  
GENTLE YOGA  
KARLA

6:00PM  
GROUP CYCLE  
DAVID

**FRIDAY**

6:00AM  
GROUP CYCLE  
KAREN

8:00AM  
GROUP CYCLE  
FRANCIS

9:00AM  
SENIOR STRONG  
ERIN

**SATURDAY**

8:15AM  
GROUP CYCLE  
FRANCIS

9:15AM  
TOTAL BODY  
CONDITIONING  
FRANCIS

TO VIEW ALL CURRENT SCHEDULES  
SCAN HERE





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SOUTHEAST VENTURA COUNTY YMCA  
SIMI VALLEY YMCA

# CLASS DESCRIPTIONS

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



## GROUP CYCLE/SPYN

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

## GENTLE YOGA

This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance and flexibility.

## 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.

## PILATES/ YOGA FUSION

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

## 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.

## SMALL GROUP TRAINING

Workout with friends in a small group setting. This workout brings high energy using different modalities to challenge your strength and endurance.

## 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.

## VINYASA FLOW YOGA

This class strings postures together so that you move from on to another, seamlessly, using breath.

## ZUMBA

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