



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHEAST VENTURA COUNTY YMCA
SIMI VALLEY YMCA
GROUP X CLASSES



SEPTEMBER 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

10:15AM
CHAIR YOGA
KARIN

5:15PM
SMALL GROUP
TRAINING
TINA

6:00PM
GROUP CYCLE
TINA

WEDNESDAY

6:00AM
GROUP CYCLE
FRANCIS

8:00AM
GROUP CYCLE
TINA

9:00AM
SENIOR STRONG
MARIA

9:00AM
SMALL GROUP
TRAINING
ERIN

10:15AM
ACTIVE FLOW YOGA
KARIN

4:45PM
FAMILY YOGA
6+ YEARS
KARIN

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
SMALL GROUP
TRAINING
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





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CLASS DESCRIPTIONS

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.