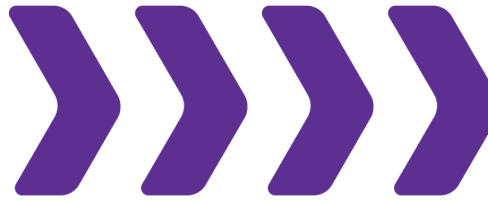




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SOUTHEAST VENTURA COUNTY YMCA YARROW FAMILY YMCA GROUP X CLASSES



SEPTEMBER 2022

## MONDAY

6:00AM  
BOOTCAMP  
KATE | OUTDOORS

8:15AM  
SPYN  
CATHY | STUDIO 2

8:30AM  
TAI CHI  
KIMIKO | OUTDOORS

9:00AM  
FLOW YOGA  
NANCY | STUDIO 4

9:15AM  
HIGH FITNESS  
MARY | OUTDOORS

9:30AM  
CARDIO SCULPT  
CATHY | STUDIO 3

11:30AM  
PILATES  
NIKKI | STUDIO 3

5:55PM  
ZUMBA  
IDA | STUDIO 3

6:00PM  
YOGA  
KRISTIE | STUDIO 4

## TUESDAY

6:00AM  
SPYN  
KATE | OUTDOORS

8:00AM  
BOOT CAMP  
GERARDO | OUTDOORS

8:30AM  
TAI CHI  
KIMIKO | OUTDOORS

8:45AM  
SPYN  
KERRI | OUTDOORS

9:30AM  
LOW IMPACT  
LILLY | STUDIO 3

10:30AM  
STRENGTH, STRETCH  
& BALANCE  
LILLY | STUDIO 3

11:30AM  
ZUMBA  
BELLA | STUDIO 3

5:30PM  
SPYN  
TAMI | OUTDOORS

5:30PM  
RUN CLUB  
COACH COURTNEY  
OUTDOORS

6:00PM  
BALLET  
KIM | STUDIO 3

## WEDNESDAY

6:00AM  
BOOT CAMP  
ANGELA | OUTDOORS

8:15AM  
SPYN  
KERRI | OUTDOORS

9:15AM  
HIGH FITNESS  
MARY | STUDIO 3

9:30AM  
POWER SCULPT  
KERRI | OUTDOORS

9:30AM  
FLOW YOGA  
JASON | STUDIO 4

10:30AM  
GENTLE YOGA  
MICHELLE B. | STUDIO 4

11:30AM  
STRENGTH, STRETCH  
& BALANCE  
LILLY | STUDIO 3

5:30PM  
KICK IT FUSION  
KARIM | STUDIO 3

7:00PM  
CANDLELIGHT YOGA  
MARY | STUDIO 4

## THURSDAY

6:00AM  
SPYN  
TODD | OUTDOORS

6:30AM  
SUNRISE YOGA  
JASON | OUTDOOR TURF

8:00AM  
BOOT CAMP  
GERARDO | OUTDOORS

8:30AM  
BEGINNING TAI CHI  
KIMIKO | STUDIO 3

8:45AM  
SPYN  
JASON | STUDIO 2

9:15AM  
SPYN/CIRCUIT  
LILLY | OUTDOORS

9:30AM  
FLOW YOGA  
NANCY | STUDIO 4

10:00AM  
ZUMBA GOLD  
CECE | STUDIO 3

5:30PM  
CARDIO SCULPT  
CATHY | STUDIO 3

5:30PM  
SPYN  
COURTNEY | OUTDOORS

5:30PM  
RUN CLUB  
COACH COURTNEY  
OUTDOORS

6:30PM  
BALLET  
KIM | STUDIO 3

## FRIDAY

6:00AM  
BOOT CAMP  
TODD | OUTDOORS

8:15AM  
SPYN  
MICHELLE | OUTDOORS

8:30AM  
TAI CHI  
KIMIKO | OUTDOORS

9:15AM  
BOOT CAMP  
GERARDO | STUDIO 3

9:30AM  
LOW IMPACT  
KERRI | OUTDOORS

10:15AM  
ZUMBA  
IDA | STUDIO 3

11:30AM  
STRENGTH, STRETCH &  
BALANCE  
PAM | STUDIO 3

12:30PM  
PILATES  
NIKKI | STUDIO 3

## SATURDAY

8:00AM  
BOOT CAMP  
KATE | OUTDOORS

8:30AM  
SPYN  
TAMI | OUTDOORS

9:30AM  
FAMILY FIT (8 YEARS & UP)  
JARRETT & NATHAN  
STUDIO 3

10:30AM  
GENTLE YOGA  
MICHELLE B. | STUDIO 3

10:30AM  
FAMILY ZUMBA  
IDA | STUDIO 4  
ONLY OFFERED:  
9/17, 10/15, 11/18 & 12/17

11:30AM  
PILATES  
NIKKI | STUDIO 3

TO VIEW ALL CURRENT SCHEDULES

SCAN HERE





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SOUTHEAST VENTURA COUNTY YMCA

YARROW FAMILY YMCA

# CLASS DESCRIPTIONS



## **BOOT CAMP**

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

## **CARDIO SCULPT**

Cardio Sculpt is a fun, fast-paced fitness class that combines cardio exercises with muscle sculpting exercises, including the use of weights and barbells. These fitness classes are designed to get your heart rate up and tone your muscles simultaneously, and usually, consist of several different exercise formats during each – which means there is never a dull moment!

## **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**

This class is optimum in fat burning and strength building. This ride will simulate varied terrain as you tackle rolling hills, sprints and other drills to give you a great interval workout. Come find the inspiration you've been looking for to help you achieve your personal goals! This class is for the beginners as well as seasoned cyclists!

## **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 is 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.