



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHEAST VENTURA COUNTY YMCA YARROW FAMILY YMCA GROUP X CLASSES

DECEMBER 2022



MONDAY

6:00AM
BOOTCAMP
*KATE | Studio 3

8:15AM
SPYN
CATHY | STUDIO 2

8:30AM
TAI CHI
KIMIKO | OUTDOORS

9:00AM
FLOW YOGA
NANCY | STUDIO 4

9:30AM
CARDIO SCULPT
CATHY | STUDIO 3

11:30AM
PILATES
NIKKI | STUDIO 3

5:30PM
ZUMBA
IDA | STUDIO 3

6:00PM
YOGA
KRISTIE | STUDIO 4

TUESDAY

6:00AM
SPYN
*KATE | Studio 2

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 | STUDIO 2

5:30PM
RUN CLUB
COACH COURTNEY
OUTDOORS

5:45PM
BALLET
KIM | STUDIO 3

WEDNESDAY

6:00AM
BOOT CAMP
*ANGELA | Studio 3

8:15AM
SPYN
KERRI | OUTDOORS

9:15AM
HIGH FITNESS
MARY | STUDIO 4

9:30AM
POWER SCULPT
KERRI | OUTDOORS

9:30AM
FLOW YOGA
JASON | STUDIO 3

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

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

7:00PM
CANDLELIGHT YOGA
MARY | STUDIO 4

THURSDAY

6:00AM
SPYN
*TODD | Studio 2

6:30AM
SUNRISE YOGA
JASON S4
8:00AM
BOOT CAMP
GERARDO | OUTDOORS

8:30AM
BEGINNING TAI CHI
KIMIKO | STUDIO 4

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
SPYN
COURTNEY | STUDIO 2
5:30PM

RUN CLUB
COACH COURTNEY
OUTDOORS

6:30PM
BALLET
KIM | STUDIO 3

FRIDAY

6:00AM
BOOT CAMP
*TODD | Studio 3

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



12/16/2022—SCHEDULE SUBJECT
TO CHANGE AT ANY TIME.

*These classes will be held indoors until February 1, 2023.

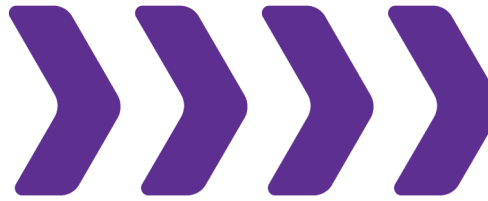


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YARROW FAMILY YMCA

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.