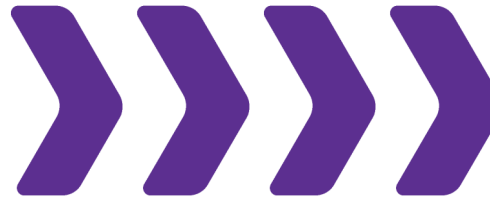




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SOUTHEAST VENTURA COUNTY YMCA SIMI VALLEY YMCA GROUP X CLASSES



Summer 2023

## MONDAY

6:00AM  
HIIT  
FRANCIS

8:00AM  
SPYN  
ERIN

9:00AM  
ACTIVE for LIFE  
KARLA

10:15AM  
PILATES FUSION  
FRANCIS

5:00PM  
TOTAL BODY  
CONDITIONING  
KAREN

6:00PM  
ACTIVE FLOW YOGA  
KARIN

## TUESDAY

6:00AM  
SPYN  
FRANCIS

8:00AM  
HIIT  
FRANCIS

9:00AM  
ZUMBA  
KARLA

9:00AM—9:30AM  
BEGINNER LINE  
DANCING  
(Jack's Room)  
JODI

9:30AM—10:00AM  
INTERMEDIATE LINE  
DANCING  
(Jack's Room)  
JODI

10:15AM  
CHAIR YOGA  
KARIN

5:15PM  
SMALL GROUP  
TRAINING\*  
TINA

6:00PM  
SPYN  
TINA

## WEDNESDAY

6:00AM  
HIIT  
FRANCIS

8:00AM  
SPYN  
TINA

9:00AM  
ACTIVE for LIFE  
MARIA

9:00AM  
SMALL GROUP  
TRAINING\*  
ERIN

10:15AM  
ACTIVE FLOW YOGA  
PAULI

5:00PM  
TOTAL BODY  
CONDITIONING  
KAREN

6:00PM  
VINYASA FLOW  
YOGA  
MARINA

## THURSDAY

6:00AM  
SPYN  
KAREN

8:00AM  
HIIT  
ERIN

9:00AM  
ZUMBA  
KARLA

10:15AM  
GENTLE YOGA  
KARLA

5:15PM  
SMALL GROUP  
TRAINING\*  
DAVID

6:00PM  
SPYN  
DAVID

## FRIDAY

8:00AM  
SPYN  
FRANCIS

9:00AM  
SMALL GROUP  
TRAINING\*  
FRANCIS

9:00AM  
ACTIVE for LIFE  
ERIN

10:15AM  
YIN YOGA  
PAULI

## SATURDAY

8:15AM  
SPYN  
FRANCIS

9:15AM  
HIIT  
FRANCIS

10:15AM  
TAI CHI  
RON

### \*SMALL GROUP TRAINING

1X per week  
\$40/ month

2X per week  
\$60/ month

TO VIEW ALL CURRENT SCHEDULES

SCAN HERE





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SOUTHEAST VENTURA COUNTY YMCA  
SIMI VALLEY YMCA

# CLASS DESCRIPTIONS

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



## ACTIVE FLOW YOGA

This class combines holding yoga postures, deep stretching, and flowing from one pose to the next. It cultivates balance, stability, and flexibility. Previous yoga knowledge recommended.

### ACTIVE for LIFE

A stress free, energetic class geared towards active seniors. This low impact class is designed to help older adults maintain their cardiovascular health, strength, balance, and flexibility.

### CHAIR YOGA

A gentle form of yoga that is done while seated or using a chair for balance.

### HIIT (High Intensity Interval Training)

A rigorous interval training full body workout with high intensity exercises. This class builds cardiovascular fitness while improving muscular strength and endurance.

### 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.

### LINE DANCING

This class will keep you moving with fun dance steps performed to a variety of music.

## PILATES/ CORE FUSION

This class will balance strength and flexibility in all muscle groups with an emphasis on challenging the core muscles.

### \*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. Paid registration required for this class.

### TAI CHI

This class is a moving meditation in the form of a series of gentle exercises that create harmony between the mind and body.

### TOTAL BODY CONDITIONING

This strength training class is aimed at increasing muscular strength, endurance and definition for your entire body, while using weights and body weighted exercises.

### VINYASA FLOW YOGA

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

### YIN YOGA

A slow, soothing, and meditative style of yoga that targets the deep connective tissues, bones, joints, fascia, and ligaments in the body.

### ZUMBA

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