



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SOUTHEAST VENTURA COUNTY YMCA SIMI VALLEY YMCA GROUP X CLASSES



Fall 2023

## MONDAY

5:50AM  
HIIT  
FRANCIS

8:00AM  
SPYN  
ERIN

9:00AM  
ACTIVE for LIFE  
KARLA

9:00AM  
PILATES/ CORE  
FUSION  
(Jack's Room)  
FRANCIS

10:10AM  
YOGA L1  
KARLA

5:00PM  
TOTAL BODY  
CONDITIONING  
KAREN

6:00PM  
VINYASA FLOW YOGA  
KARIN

## TUESDAY

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

10:10AM  
CHAIR YOGA  
KARIN

5:15PM  
SMALL GROUP  
TRAINING\*  
TINA

6:00PM  
SPYN  
TINA

## WEDNESDAY

5:50AM  
SPYN  
FRANCIS

8:00AM  
SPYN  
TINA

9:00AM  
ACTIVE for LIFE  
MARIA

9:00AM  
PILATES / CORE  
FUSION  
(Jack's Room)  
FRANCIS

9:00AM  
SMALL GROUP  
TRAINING\*  
ERIN

10:10AM  
VINYASA FLOW YOGA  
PAULI

5:00PM  
TOTAL BODY  
CONDITIONING  
KAREN

6:00PM  
VINYASA FLOW  
YOGA  
MARINA

## THURSDAY

8:00AM  
HIIT  
ERIN

9:00AM  
ZUMBA  
KARLA

10:10AM  
GENTLE YOGA  
KARLA

5:15PM  
SMALL GROUP  
TRAINING\*  
KAREN

6:00PM  
SPYN  
KAREN

## FRIDAY

5:50AM  
HIIT  
TINA

8:00AM  
SPYN  
FRANCIS

9:00AM  
ACTIVE for LIFE  
ERIN

9:00AM  
SMALL GROUP  
TRAINING\*  
FRANCIS

10:10AM  
YIN YOGA  
PAULI

## SATURDAY

8:00AM  
SPYN  
FRANCIS

9:00AM  
HIIT  
FRANCIS

10:00AM  
TAI CHI  
RON

**\*SMALL GROUP  
TRAINING**

**1X per week  
\$40/ month**

**2X per week  
\$60/ month**

TO VIEW ALL CURRENT SCHEDULES  
**SCAN HERE**



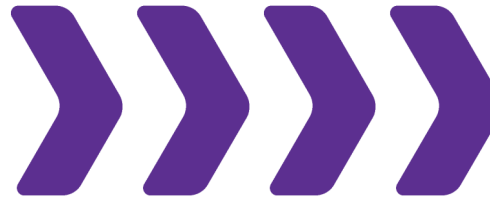


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SOUTHEAST VENTURA COUNTY YMCA  
SIMI VALLEY YMCA

# CLASS DESCRIPTIONS

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



## **ACTIVE 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. It cultivates balance, stability, and flexibility. Previous yoga knowledge recommended.

## **YIN YOGA**

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

## **YOGA L1**

This class is appropriate for those who are newer to yoga as well as seasoned yogis who are looking to refine their yoga practice. This class will emphasize flexibility, strength, & stability by performing classical standing, seated, and relaxation poses.

## **ZUMBA**

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