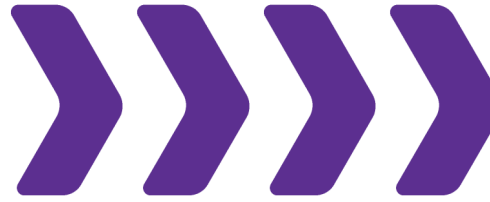




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

NOVEMBER 2023

SOUTHEAST VENTURA COUNTY YMCA  
YARROW FAMILY YMCA  
GROUP X CLASSES



MONDAY

- 6:00AM  
BOOTCAMP  
SYLVIE | STUDIO 3
- 8:30AM  
SPYN  
CATHY | STUDIO 2  
RESERVATION REQUIRED
- 8:30AM  
H.I.I.T  
SYLVIE | STUDIO 3
- 8:30AM  
TAI CHI  
KIMIKO | OUTDOORS
- 9:00AM  
FLOW YOGA  
NANCY | STUDIO 4  
RESERVATION REQUIRED
- 9:30AM  
CARDIO SCULPT  
CATHY | STUDIO 3  
RESERVATION REQUIRED
- 10:30AM  
STRENGTH, STRETCH & BALANCE  
PAM | STUDIO 3  
RESERVATION REQUIRED
- 11:30AM  
PILATES  
NIKKI | STUDIO 3
- 5:30PM  
ZUMBA  
IDA | STUDIO 3
- 6:30PM  
TAP  
KIM | STUDIO 3
- 6:45PM  
YOGA  
KRISTIE | STUDIO 4  
RESERVATION REQUIRED

TUESDAY

- 6:30AM  
SUNRISE YOGA  
JASON | STUDIO 4
- 8:30AM  
PURE STRENGTH  
CATHY | STUDIO 3
- 8:30AM  
YIN YOGA  
MICHELLE B | STUDIO 4  
RESERVATIONS REQUIRED
- 8:30AM  
TAI CHI  
KIMIKO | OUTDOORS
- 8:45AM  
SPYN  
JASON | STUDIO 2  
RESERVATION REQUIRED
- 9:30AM  
LOW IMPACT  
SYLVIE | STUDIO 3  
RESERVATION REQUIRED
- 9:30AM  
PILATES  
NIKKI | STUDIO 4
- 10:30AM  
STRENGTH, STRETCH & BALANCE  
CATHY | STUDIO 3  
RESERVATION REQUIRED
- 11:30AM  
ZUMBA  
BELLA | STUDIO 3
- 5:30PM  
SPYN  
TAMI | STUDIO 2  
RESERVATION REQUIRED
- 5:30PM  
RUN CLUB  
COURTNEY A. | OUTDOORS
- 6:30PM  
BALLET  
KIM | STUDIO 3

WEDNESDAY

- 6:00AM  
BOOTCAMP  
ANGELA | STUDIO 3
- 8:15AM  
BARRE  
GIGI | STUDIO 3  
RESERVATIONS REQUIRED
- 8:30AM  
SPYN  
MICHELLE | SYLVIE STUDIO 2  
RESERVATION REQUIRED
- 9:15AM  
HIGH FITNESS  
MARY | STUDIO 4
- 9:15AM  
FLOW YOGA  
JASON | STUDIO 3  
RESERVATION REQUIRED
- 10:30AM  
GENTLE YOGA  
MICHELLE B. | STUDIO 3  
RESERVATIONS REQUIRED
- 11:30AM  
STRENGTH, STRETCH & BALANCE  
CATHY | STUDIO 3  
RESERVATION REQUIRED
- 5:30PM  
SPYN  
TAMI | STUDIO 2  
RESERVATIONS REQUIRED
- 5:30PM  
BOLLYWOOD DANCE  
HUMERAH | STUDIO 3
- 6:30PM  
PILATES  
VERNA | STUDIO 3

THURSDAY

- 6:00AM  
SPYN  
TODD | STUDIO 2  
RESERVATION REQUIRED
- 8:30AM  
BEGINNING TAI CHI  
KIMIKO | STUDIO 4
- 8:45AM  
SPYN  
KERRI | STUDIO 2  
RESERVATION REQUIRED
- 9:00AM  
CARDIO SCULPT  
CATHY | STUDIO 3  
RESERVATION REQUIRED
- 9:30AM  
FLOW YOGA  
NANCY | STUDIO 4  
RESERVATION REQUIRED
- 10:00AM  
ZUMBA GOLD  
CECE | STUDIO 3
- 5:30PM  
SPYN  
COURTNEY | STUDIO 2  
RESERVATION REQUIRED
- 5:30PM  
RUN CLUB  
COURTNEY A. | OUTDOORS
- 5:30PM  
HIIT  
SYLVIE | STUDIO 3
- 6:30PM  
HIP HOP  
KIM | STUDIO 3
- 6:45PM  
YOGA  
KRISTIE | STUDIO 4  
RESERVATIONS REQUIRED

FRIDAY

- 6:00AM  
BOOTCAMP  
TODD | STUDIO 3
- 8:15AM  
BARRE  
GIGI | STUDIO 3  
RESERVATIONS REQUIRED
- 8:30AM  
SPYN  
MICHELLE | STUDIO 2  
RESERVATION REQUIRED
- 8:30AM  
TAI CHI  
KIMIKO | OUTDOORS
- 9:15AM  
BOOTCAMP  
GERARDO | STUDIO 3
- 9:30AM  
LOW IMPACT  
KERRI | STUDIO 4  
RESERVATIONS REQUIRED
- 10:15AM  
ZUMBA  
IDA | STUDIO 3
- 11:30AM  
STRENGTH, STRETCH & BALANCE  
PAM | STUDIO 3  
RESERVATION REQUIRED
- 12:30PM  
PILATES  
NIKKI | STUDIO 3

SATURDAY

- 8:00AM  
BOOTCAMP  
SYLVIE | OUTDOORS
- 9:00AM  
SPYN  
TAMI | STUDIO 2  
RESERVATION REQUIRED
- 9:30AM  
FAMILY BOOTCAMP  
(8 YEARS & UP)  
NATHAN  
STUDIO 3
- 10:30AM  
GENTLE YOGA  
MICHELLE B. | STUDIO 3  
RESERVATIONS REQUIRED
- 11:30AM  
PILATES  
NIKKI | STUDIO 3

TO VIEW ALL CURRENT SCHEDULES  
SCAN HERE



11/15/2023—SCHEDULE SUBJECT TO CHANGE AT ANY TIME.



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SOUTHEAST VENTURA COUNTY YMCA

YARROW FAMILY YMCA

# CLASS DESCRIPTIONS



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

## HIGH INTENSITY CLASSES

**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!

**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.

**H.I.I.T**— This class is run in blocks of training. It consists of high intensity intervals combined with slower movements. Always finishing with a surprise.

**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!

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

**BARRE**— This class is a full body muscle endurance workout broken up into different sections that focus on major muscle groups.

**HIIT**— This is a high intensity class with cardio and strength combined to give you a full body work out.

**PURE STRENGTH**— Pure Strength pushes the body beyond failure to achieve unprecedented response utilizing the slow strength training technique. This technique has proven to be safer and work faster to change your body composition than traditional forms of weight training

## LOW INTENSITY CLASSES

**STRENGTH, STRETCH & BALANCE**— This class gives 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.

**LOW IMPACT CONDITIONING**— A class geared to our active older adults that focuses on balance, strength and conditioning using low impact movements and formats.

**YOGA**— An introductory class for beginners to learn the primary positions in practice of yoga at a slower pace.

**PILATES**— Combines core conditioning with flexibility to promote a healthy relationship between mind, body, & spirit.

**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.

**YIN YOGA**— is a gentle and relaxing all-level class that works deeply into the connective tissues and joints of the hips, pelvis, and lower spine and is suitable to all levels of students through extended holds of postures.

**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.

**ZUMBA GOLD**— A lower-intensity version of the regular Zumba class and was designed to meet the anatomical, physiological and psychological needs of Senior adults seeking alternative means of reaching their exercise goals.