



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SOUTHEAST VENTURA COUNTY YMCA

# YARROW FAMILY YMCA GROUP X CLASSES

APRIL 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:00AM</b> <b>BOOTCAMP</b> KATE   STUDIO 3	<b>8:30AM</b> <b>PURE STRENGTH</b> CATHY   STUDIO 3	<b>6:00AM</b> <b>BOOTCAMP</b> ANGELA   STUDIO 3	<b>8:30AM</b> <b>BEGINNING TAI CHI</b> KIMIKO   STUDIO 4	<b>6:00AM</b> <b>BOOTCAMP</b> TODD   STUDIO 3	<b>8:00AM</b> <b>BOOTCAMP</b> KATE   STUDIO 3	<b>NO CLASSES SCHEDULED</b>
<b>8:30AM</b> <b>H.I.I.T.</b> SYLVIE   STUDIO 3	<b>8:30AM</b> <b>TAI CHI</b> KIMIKO   OUTDOORS	<b>8:15AM</b> <b>BARRE</b> GIGI   STUDIO 3	<b>9:00AM</b> <b>POWER SCULPT</b> CATHY   STUDIO 3	<b>8:15AM</b> <b>BARRE</b> GIGI   STUDIO 3		
<b>8:30AM</b> <b>TAI CHI</b> KIMIKO   OUTDOORS	<b>9:30AM</b> <b>LOW IMPACT</b> SYLVIE   STUDIO 3	<b>9:15AM</b> <b>HIGH FITNESS</b> MARY   STUDIO 4	<b>10:00AM</b> <b>ZUMBA GOLD</b> CECE   STUDIO 3	<b>8:30AM</b> <b>TAI CHI</b> KIMIKO   OUTDOORS		
<b>9:30AM</b> <b>POWER SCULPT</b> CATHY   STUDIO 3	<b>10:30AM</b> <b>STRENGTH, STRETCH &amp; BALANCE</b> CATHY   STUDIO 3	<b>11:30AM</b> <b>STRENGTH, STRETCH &amp; BALANCE</b> CATHY   STUDIO 3	<b>11:30AM</b> <b>LOW IMPACT</b> SYLVIE   STUDIO 3	<b>9:15AM</b> <b>BOOTCAMP</b> GERARDO   STUDIO 3		
<b>10:30AM</b> <b>STRENGTH, STRETCH &amp; BALANCE</b> PAM   STUDIO 3	<b>11:30AM</b> <b>ZUMBA</b> BELLA   STUDIO 3	<b>5:30PM</b> <b>BOLLYWOOD DANCE</b> HUMERAH   STUDIO 3	<b>5:30PM</b> <b>RUN CLUB</b> COURTNEY A	<b>9:30AM</b> <b>LOW IMPACT</b> KERRI   STUDIO 4		
<b>5:30PM</b> <b>ZUMBA</b> IDA   STUDIO 3	<b>5:30PM</b> <b>RUN CLUB</b> COURTNEY A		<b>5:30PM</b> <b>H.I.I.T.</b> SYLVIE   STUDIO 3	<b>10:15AM</b> <b>ZUMBA</b> IDA   STUDIO 3		
<b>6:30PM</b> <b>TAP</b> KIM   STUDIO 3	<b>6:30PM</b> <b>BALLET</b> KIM   STUDIO 3		<b>6:30PM</b> <b>HIP HOP</b> KIM   STUDIO 3	<b>11:30AM</b> <b>STRENGTH, STRETCH &amp; BALANCE</b> PAM   STUDIO 3		

TO VIEW ALL CURRENT SCHEDULES  
**SCAN HERE**



**CLASSES THAT ARE SHADED REQUIRE RESERVATION THROUGH OUR APP.**  
PLEASE SEE A MEMBERSHIP STAFF FOR ASSISTANCE USING THE APP

## YOGA/PILATES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>9:00AM</b> <b>FLOW YOGA</b> NANCY   STUDIO 4	<b>6:30AM</b> <b>SUNRISE YOGA</b> JASON   STUDIO 4	<b>9:15AM</b> <b>FLOW YOGA</b> JASON   STUDIO 3	<b>9:30AM</b> <b>FLOW YOGA</b> NANCY   STUDIO 4	<b>12:30PM</b> <b>PILATES</b> NIKKI   STUDIO 3	<b>10:30AM</b> <b>GENTLE YOGA</b> MICHELLE B.   STUDIO 3	<b>NO CLASSES SCHEDULED</b>
<b>11:30AM</b> <b>PILATES</b> NIKKI   STUDIO 3	<b>8:30AM</b> <b>YIN YOGA</b> MICHELLE B.   STUDIO 4	<b>10:30AM</b> <b>GENTLE YOGA</b> MICHELLE B.   STUDIO 3	<b>10:30AM</b> <b>BEGINNING YOGA</b> NANCY   STUDIO 4		<b>11:30AM</b> <b>PILATES</b> NIKKI   STUDIO 3	
<b>6:45PM</b> <b>YOGA</b> KRISTIE   STUDIO 4	<b>9:30AM</b> <b>PILATES</b> NIKKI   STUDIO 4	<b>6:30PM</b> <b>PILATES</b> VERNA   STUDIO 3	<b>6:45PM</b> <b>YOGA</b> KRISTIE   STUDIO 4			

## SPYN: STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>8:30AM</b> CATHY	<b>6:00AM</b> KATE	<b>8:30AM</b> SYLVIE	<b>6:00AM</b> TODD	<b>8:30AM</b> MICHELLE	<b>9:00AM</b> TAMI	<b>NO CLASSES SCHEDULED</b>
	<b>8:45AM</b> JASON	<b>5:30PM</b> TAMI	<b>8:45AM</b> KERRI			
	<b>5:30PM</b> TAMI		<b>5:30PM</b> COURTNEY			

SCHEDULE SUBJECT TO CHANGE AT ANY TIME. PLEASE CHECK THE YMCA APP FOR UPDATE CHANGES

Revised 4/1/24



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# CLASS DESCRIPTIONS



## 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.

**BEGINNING YOGA**—This class is designed as an introduction to the practice of yoga. Class is slower paced than an all-levels class, and focused on developing clear and safe alignment in foundational poses. Come to learn, play, and maybe even break a sweat in a supportive environment.