



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SOUTHEAST VENTURA COUNTY YMCA

SIMI VALLEY FAMILY YMCA GROUP X CLASSES

CARDIO & MOVEMENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:50AM H.I.I.T FRANCIS	8:00AM H.I.I.T FRANCIS	9:00AM ACTIVE for LIFE MARIA	8:00AM H.I.I.T ERIN	5:50AM H.I.I.T TINA	9:00AM H.I.I.T FRANCIS	NO CLASSES SCHEDULED
9:00AM ACTIVE for LIFE KARLA	9:00AM ZUMBA KARLA	5:00PM TOTAL BODY CONDITIONING KAREN	9:00AM ZUMBA KARLA	9:00AM ACTIVE for LIFE ERIN	10:00AM TAI CHI RON	
5:00PM TOTAL BODY CONDITIONING KAREN	9:00-9:30AM BEGINNER LINE DANCING JODI JACK'S RM	7:15PM BOXING RICKY	7:30PM BALLET JESSIE			
	9:30-10:00AM INTERMEDIATE LINE DANCING JODI JACK'S RM					

TO VIEW ALL
SCHEDULES

SCAN HERE

SPYN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM ERIN	6:00PM TINA	5:50AM FRANCIS	6:00PM KAREN	8:00AM FRANCIS	8:00AM FRANCIS	NO CLASSES SCHEDULED
		8:00AM TINA				

YOGA/ PILATES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM PILATES/CORE FUSION FRANCIS JACK'S RM	10:10AM CHAIR YOGA KARIN	9:00AM PILATES/CORE FUSION LORI JACK'S RM	10:10AM GENTLE YOGA KARLA	10:10AM YIN YOGA PAULI	NO CLASSES SCHEDULED	NO CLASSES SCHEDULED
10:10AM YOGA L1 KARLA		10:10AM VINYASA FLOW YOGA PAULI				
6:00PM VINYASA FLOW YOGA KARIN		6:00PM VINYASA FLOW YOGA MARINA				

SMALL GROUP TRAINING: FEE ASSOCIATED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:15PM TINA	8:15AM ERIN	5:15PM KAREN	9:00AM FRANCIS		

RATES:
1 time per week, \$40/month
2 times per week, \$60/month

TO LEARN MORE, PLEASE CONTACT
MEMBERSHIP STAFF



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CLASS DESCRIPTIONS



HIGH INTENSITY CLASSES

H.I.I.T (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.

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.

ZUMBA - A dynamic and exciting class full of Latin-exotic music flavors. A great cardiovascular workout.

LOW INTENSITY CLASSES

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.

LINE DANCING - This class will keep you moving with fun dance steps that are performed to a variety of music.

MIND & BODY

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

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.

PILATES/ CORE FUSION - This class will balance strength and flexibility in all muscle groups, with an emphasis on challenging the core muscles.

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.

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 is 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 focus on flexibility, strength, and stability through traditional standing, seated, and relaxation poses.