



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SOUTHEAST VENTURA COUNTY YMCA SIMI VALLEY FAMILY YMCA GROUP X CLASSES

STRENGTH & MOVEMENT

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|--|--|---|-----------------------------|
| 5:50AM H.I.I.T FRANCIS | 8:00AM BODY PUMP FRANCIS | 9:00AM ACTIVE for LIFE MARIA | 8:00AM BODY PUMP ERIN | 5:50AM H.I.I.T TINA | 8:00AM BALLET JESSIE JACK'S RM | NO CLASSES SCHEDULED |
| 9:00AM ACTIVE for LIFE KARLA | 9:00AM ZUMBA KARLA | 7:15PM BOXING RICKY | 9:00AM ZUMBA KARLA | 9:00AM ACTIVE for LIFE ERIN | 9:00AM BODY PUMP FRANCIS | |
| | 9:00AM LINE DANCING JODI JACK'S RM | | 5:15PM CORE/BALANCE FUSION KAREN | | 10:00AM TAI CHI RON | |
| | 5:15PM CORE/BALANCE FUSION TINA | | 6:00PM BODY PUMP KAREN | | | |
| | 6:00PM BODY PUMP TINA | | | | | |

TO VIEW ALL CURRENT SCHEDULES
SCAN HERE



QUESTIONS? PLEASE STOP BY MEMBERSHIP DESK

SPYN

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

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 PAULI 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 | | | | |



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CLASS DESCRIPTIONS



HIGH INTENSITY CLASSES

CORE/ BALANCE FUSION - This class is designed to help improve stability and create a strong core. It will challenge your balance, coordination, and overall body strength.

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.

BODY PUMP (LES MILLS) - A fast-paced, bar-bell based workout that is specifically designed to help you get lean, toned and fit. It uses a combination of motivating music, fantastic instructors, and scientifically proven moves to help you achieve these targets more quickly than you would working out on your own.

SPYN - An instructor-led cycling class designed to build strength, endurance, and expend calories for a total aerobic workout.

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.