



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHEAST VENTURA COUNTY YMCA YARROW FAMILY YMCA GROUP X CLASSES

July 2024



STRENGTH & MOVEMENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM BOOTCAMP KATE STUDIO 3	8:30AM PURE STRENGTH CATHY STUDIO 3	6:00AM BOOTCAMP ANGELA STUDIO 3	8:30AM BEGINNING TAI CHI KIMIKO STUDIO 4	6:00AM BOOTCAMP TODD STUDIO 3	8:00AM BOOTCAMP KATE STUDIO 3	NO CLASSES SCHEDULED
8:30AM H.I.I.T. SYLVIE STUDIO 3	8:30AM TAI CHI KIMIKO OUTDOORS	8:15AM BARRE GIGI STUDIO 3	9:00AM POWER SCULPT CATHY STUDIO 3	8:15AM BARRE GIGI STUDIO 3	9:30AM ZUMBA BELLA STUDIO 3	
8:30AM TAI CHI KIMIKO OUTDOORS	9:30AM LOW IMPACT SYLVIE STUDIO 3	9:15AM HIGH FITNESS MARY STUDIO 4	10:00AM ZUMBA GOLD CECE STUDIO 3	8:30AM TAI CHI KIMIKO OUTDOORS		
9:30AM POWER SCULPT CATHY STUDIO 3	10:30AM STRENGTH, STRETCH & BALANCE CATHY STUDIO 3	11:30AM STRENGTH, STRETCH & BALANCE CATHY STUDIO 3	11:30AM LOW IMPACT SYLVIE STUDIO 3	9:15AM BOOTCAMP GERARDO STUDIO 3		
10:30AM STRENGTH, STRETCH & BALANCE PAM STUDIO 3	11:30AM ZUMBA BELLA STUDIO 3		5:30PM RUN CLUB COURTNEY A	9:30AM LOW IMPACT CHENOA STUDIO 4		
11:30AM ZUMBA BELLA STUDIO 4	5:30PM RUN CLUB COURTNEY A		5:30PM H.I.I.T. SYLVIE STUDIO 3	10:15AM ZUMBA IDA STUDIO 3		
5:30PM ZUMBA IDA STUDIO 3	6:30PM BALLET KIM STUDIO 3 <i>(Registration Required to Reserve Spot)</i>		6:30PM INTRO TO DANCE KIM STUDIO 3	11:30AM STRENGTH, STRETCH & BALANCE PAM STUDIO 3		
6:30PM INTRO/BEGINNER TAP KIM STUDIO 3						
7:00PM INTERMEDIATE/ ADVACNE TAP KIM 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
9:00AM FLOW YOGA NANCY STUDIO 4	6:30AM SUNRISE YOGA JASON STUDIO 4	9:15AM FLOW YOGA JASON STUDIO 3	9:30AM FLOW YOGA NANCY STUDIO 4	12:30PM PILATES NIKKI STUDIO 3	10:30AM GENTLE YOGA MICHELLE B. STUDIO 3	NO CLASSES SCHEDULED
11:30AM PILATES NIKKI STUDIO 3	8:30AM YIN YOGA MICHELLE B. STUDIO 4	10:30AM GENTLE YOGA MICHELLE B. STUDIO 3	10:30AM BEGINNING YOGA NANCY STUDIO 4		11:30AM PILATES NIKKI STUDIO 3	
6:45PM YOGA KRISTIE STUDIO 4	9:30AM PILATES NIKKI STUDIO 4	6:30PM PILATES VERNA STUDIO 3	6:45PM YOGA KRISTIE STUDIO 4			

SPYN: STUDIO 2

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

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

Revised 7/8/24



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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.