




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SOUTHEAST VENTURA COUNTY YMCA SIMI VALLEY FAMILY YMCA GROUP X CLASSES

STARTING OCTOBER 1, 2024



## STRENGTH & MOVEMENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:50AM H.I.I.T FRANCIS   STUDIO	8:00AM BODY PUMP FRANCIS   STUDIO	9:00AM ACTIVE for LIFE MARIA	8:00AM BODY PUMP ERIN   STUDIO	5:50AM H.I.I.T TINA   STUDIO	8:00AM BALLET JESSIE   JACK'S RM	<b>NO CLASSES SCHEDULED</b>
9:00AM ACTIVE for LIFE KARLA   STUDIO	9:00AM ZUMBA KARLA   STUDIO	7:15PM MUAY TAI KICKBOXING ALEX   STUDIO	9:00AM ZUMBA KARLA   STUDIO	9:00AM ACTIVE for LIFE ERIN   STUDIO	9:00AM BODY PUMP FRANCIS   STUDIO	<div style="border: 1px solid purple; padding: 5px; text-align: center;"> <b>SCAN HERE</b>  <small>TO VIEW ALL CURRENT SCHEDULES</small> </div>  <p><b>QUESTIONS? PLEASE STOP BY MEMBERSHIP DESK</b></p>
	5:15PM CORE/BALANCE FUSION TINA   STUDIO		5:15PM CORE/BALANCE FUSION KAREN   STUDIO		10:00AM TAI CHI RON   STUDIO	
	6:00PM BODY PUMP TINA   STUDIO		6:00PM BODY PUMP KAREN   STUDIO			
	7:00PM LINE DANCING JODI   STUDIO					

## SPYN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM ERIN   STUDIO	<b>NO CLASSES SCHEDULED</b>	5:50AM FRANCIS   STUDIO	<b>NO CLASSES SCHEDULED</b>	8:00AM FRANCIS   STUDIO	8:00AM FRANCIS   STUDIO	<b>NO CLASSES SCHEDULED</b>
5:00PM SPYN & STRENGTH KAREN   STUDIO		8:00AM TINA   STUDIO				
		5:00PM SPYN & STRENGTH KAREN   STUDIO				

## YOGA/PILATES

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



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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.

**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.

**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.

**SPYN & STRENGTH** - This class consists of 30 minutes of express Spyn, followed by 15-minutes of strength work using dumbbells, barbells 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.