



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHEAST VENTURA COUNTY YMCA SIMI VALLEY FAMILY YMCA GROUP X CLASSES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:50AM H.I.I.T. FRANCIS STUDIO	8:00AM STRENGTH CONDITIONING FRANCIS STUDIO	5:50AM SPYN FRANCIS STUDIO	8:00AM STRENGTH CONDITIONING ERIN STUDIO	5:50AM H.I.I.T. TINA STUDIO	8:00AM SPYN FRANCIS STUDIO
8:00AM SPYN ERIN STUDIO	9:00AM ZUMBA KARLA STUDIO	8:00AM SPYN TINA STUDIO	9:00AM ZUMBA KARLA STUDIO	8:00AM SPYN FRANCIS STUDIO	9:00AM STRENGTH CONDITIONING FRANCIS STUDIO
9:00AM ACTIVE for LIFE KARLA STUDIO	10:10AM CHAIR YOGA KELLY STUDIO	9:00AM ACTIVE for LIFE MARIA STUDIO	10:10AM GENTLE YOGA KARLA STUDIO	9:00AM ACTIVE for LIFE ERIN STUDIO	10:00AM TAI CHI RON STUDIO
9:00AM PILATES/CORE FUSION FRANCIS JACK'S RM	5:15PM CORE/BALANCE FUSION (30 min) TINA STUDIO	9:00AM PILATES/CORE FUSION LORI JACK'S RM	4:00PM TEEN BOXING AGES 12-17 ALICIA STUDIO	10:10AM YIN YOGA PAULI STUDIO	
10:10AM YOGA L1 KARLA STUDIO	6:00PM STRENGTH CONDITIONING TINA STUDIO	10:10AM VINYASA FLOW YOGA PAULI STUDIO	5:15PM CORE/BALANCE FUSION (30 min) KAREN STUDIO		
5:00PM SPYN & STRENGTH KAREN STUDIO		4:00PM TEEN FITNESS AGES 12-17 DANIEL STUDIO	6:00PM STRENGTH CONDITIONING KAREN STUDIO		
6:00PM VINYASA FLOW MARINA STUDIO		5:00PM SPYN & STRENGTH KAREN STUDIO			
6:00PM LINE DANCING BEGINNER 1 JODI JACK'S RM		6:00PM VINYASA FLOW YOGA KELLY STUDIO			
6:30PM LINE DANCING BEGINNER 2 JODI JACK'S RM		7:15PM MUAY THAI KICKBOXING ALEX STUDIO			
7:00PM LINE DANCING INTERMEDIATE JODI JACK'S RM					

TO VIEW ALL
CURRENT
SCHEDULES
SCAN HERE



QUESTIONS?
PLEASE STOP BY
MEMBERSHIP DESK

SIMI VALLEY FAMILY YMCA
PERSONAL TRAINING
SESSION PACKAGES: 1, 4, 8 or 12
INTERESTED PLEASE CONTACT



SOUTHEAST VENTURA COUNTY YMCA

SIMI VALLEY FAMILY YMCA

CLASSES DESCRIPTIONS

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.

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

CORE/BALANCE FUSION: This class is designed to help improved stability and create a strong core. It will challenge your balance, coordination and overall body strength. (30 minute class)

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.

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.

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

LINE DANCING BEGINNER 1: This class is designed for the beginning line dancer.

LINE DANCING BEGINNER 2: This class is designed for the line dancer that has some experience.

LINE DANCING INTERMEDIATE: This is an improver level class and will progress your skills.

MUAY THAI KICKBOXING: This class is designed to help people of all levels work on their self-defense skills. Practicing kickboxing, Muay Thai and other forms of self-defense martial arts with our skilled instructor.

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

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.

STRENGTH CONDITIONING Focuses on building overall strength and endurance through a combination of body weight exercises, dumbbells and barbells targeting major muscle groups.

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.

TEEN BOXING: Teens practice self defense and get a workout in a fun environment with their peers.

TEEN FITNESS: This class is designed to help teens build skills and confidence through cardio, weight training and more. They get to start their fitness journey surrounded by peers, making friends along the way.

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 LI: 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.

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