



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHEAST VENTURA COUNTY YMCA YARROW FAMILY YMCA GROUP X CLASSES

January 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM BOOTCAMP KATE STUDIO 3	6:00AM SPYN KATE STUDIO 2	6:00AM BOOTCAMP ANGELA STUDIO 3	6:00AM SPYN TODD STUDIO 2	6:00AM BOOTCAMP TODD STUDIO 3	8:00AM BOOTCAMP KATE STUDIO 3
8:30AM H.I.I.T. SYLVIE STUDIO 3	8:30AM PURE STRENGTH CATHY STUDIO 3	8:15AM BARRE GIGI STUDIO 3	8:30AM BEGINNING TAI CHI KIMIKO STUDIO 4	8:15AM BARRE GIGI STUDIO 3	9:00AM SPYN TAMI STUDIO 2
8:30AM SPYN CATHY STUDIO 2	8:30AM SPYN SYLVIE STUDIO 2	8:30AM SPYN JASON STUDIO 2	8:45AM SPYN KERRI STUDIO 2	8:30AM SPYN MICHELLE STUDIO 2	9:30AM ZUMBA BELLA STUDIO 3
8:30AM TAI CHI KIMIKO OUTDOORS	8:30AM TAI CHI KIMIKO OUTDOORS	9:30AM FLOW YOGA JASON STUDIO 3	9:00AM POWER SCULPT CATHY STUDIO 3	8:30AM TAI CHI KIMIKO OUTDOORS	10:30AM GENTLE YOGA MICHELLE B STUDIO 3
9:00AM FLOW YOGA NANCY STUDIO 4	8:30AM YIN YOGA MICHELLE B STUDIO 4	9:30AM HIGH FITNESS MARY STUDIO 4	9:30AM FLOW YOGA NANCY STUDIO 4	9:15AM H.I.I.T. COURTNEY STUDIO 3	11:30AM PILATES NIKKI STUDIO 3
9:30AM POWER SCULPT CATHY STUDIO 3	9:30AM LOW IMPACT SYLVIE STUDIO 3	10:30AM GENTLE YOGA MICHELLE B STUDIO 3	10:00AM ZUMBA GOLD CECE STUDIO 3	9:30AM LOW IMPACT CHENOA STUDIO 4	<p>LIVE STREAM STUDIO CLASSES IN STUDIO 4 IF CLASSROOM IS FULL</p>
10:30AM STRENGTH, STRETCH & BALANCE PAM STUDIO 3 <small>LIVE STREAM STUDIO 4</small>	9:45AM BOOTCAMP GERARDO STUDIO 4	11:30AM STRENGTH, STRETCH & BALANCE CATHY STUDIO 3 <small>LIVE STREAM STUDIO 4</small>	10:30AM BEGINNING YOGA NANCY STUDIO 4	10:15AM ZUMBA IDA STUDIO 3	
11:30AM PILATES NIKKI STUDIO 3	10:30AM STRENGTH, STRETCH & BALANCE CATHY STUDIO 3	5:30PM SPYN TAMI STUDIO 2	11:30AM LOW IMPACT SYLVIE STUDIO 3 <small>LIVE STREAM STUDIO 4</small>	10:30AM CLASSIC YOGA CHANDRA STUDIO 4	
11:30AM ZUMBA BELLA STUDIO 4	11:30AM PILATES NIKKI STUDIO 4	5:30PM STRENGTH, STRETCH & BALANCE CATHY STUDIO 3	5:30PM RUN CLUB COURTNEY TURF	11:30AM STRENGTH, STRETCH & BALANCE PAM STUDIO 3 <small>LIVE STREAM 5 STUDIO 4</small>	<p>CLASSES THAT ARE SHADED REQUIRE RESERVATION THROUGH OUR APP.</p> <p>PLEASE SEE A MEMBERSHIP STAFF FOR ASSISTANCE USING THE APP</p>
5:30PM ZUMBA IDA STUDIO 3	11:30AM ZUMBA BELLA STUDIO 3	6:30PM PILATES CHENOA STUDIO 3	5:30PM H.I.I.T. SYLVIE STUDIO 3	12:30AM PILATES NIKKI STUDIO 3	
6:45PM YOGA KRISTIE STUDIO 4	5:30PM RUN CLUB COURTNEY TURF		5:30PM YOGA KRISTIE STUDIO 4		
	5:30PM SPYN TAMI STUDIO 2		6:45PM YOGA KRISTIE STUDIO 4		
	5:30PM YOGA CHARNDRA STUDIO 4				

TO VIEW ALL CURRENT
SCHEDULES
SCAN HERE





SOUTHEAST VENTURA COUNTY YMCA

YARROW FAMILY YMCA

CLASSES DESCRIPTIONS

BARRE: This class is a full-body muscle endurance workout broken up into different sections that focus on major muscle groups.

H.I.I.T.: This is a high intensity class with cardio and strength combined to give you a full body workout.

BEGINNING TAI CHI: This class is designed as an introduction to Tai Chi. Class is slower-paced and focuses on the mind-body practice that combines slow, gentle movements, deep breathing and meditations to promote health and wellness.

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.

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!

CLASSIC YOGA: A soothing class designed to promote relaxation and mental clarity. Focus on deep breathing and gentle stretches to help release tension and rejuvenate.

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.

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.

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.

LOW IMPACT : A class geared to our active older adults that focuses on balance, strength and conditioning using low impact movements and formats.

PILATES: Combines core conditioning with flexibility to promote a healthy relationship between mind, body, and spirit.

POWER SCULPT: This class combines strength and cardio using different equipment. This focus is on building muscle, improving endurance and enhancing overall fitness.

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.

RUN CLUB: A Community based group that brings together individuals who enjoy running. This club meets for group runs, training sessions and events. This is for beginners to experienced athletes.

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.

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!

YIN YOGA: 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.

YOGA: An introductory class for beginners to learn the primary positions in practice of yoga at a slower pace.

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

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.