



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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



**NEW SCHEDULE TO START MARCH 3, 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:35AM <b>H.I.I.T.</b> FRANCIS   STUDIO	8:00AM <b>STRENGTH CONDITIONING</b> FRANCIS   STUDIO	5:35AM <b>SPYN</b> FRANCIS   STUDIO	8:00AM <b>STRENGTH CONDITIONING</b> ERIN   STUDIO	5:35AM <b>H.I.I.T.</b> TINA   STUDIO	8:00AM <b>SPYN</b> FRANCIS   STUDIO
8:00AM <b>SPYN</b> ERIN   STUDIO	9:00AM <b>ZUMBA</b> KARLA   STUDIO	8:00AM <b>SPYN</b> TINA   STUDIO	9:00AM <b>ZUMBA</b> KARLA   STUDIO	8:00AM <b>SPYN</b> FRANCIS   STUDIO	9:00AM <b>STRENGTH CONDITIONING</b> FRANCIS   STUDIO
9:00AM <b>ACTIVE for LIFE</b> KARLA   STUDIO	10:10AM <b>CHAIR YOGA</b> KELLY   STUDIO	9:00AM <b>ACTIVE for LIFE</b> MARIA   STUDIO	10:10AM <b>GENTLE YOGA</b> KARLA   STUDIO	9:00AM <b>ACTIVE for LIFE</b> ERIN   STUDIO	10:00AM <b>TAI CHI</b> RON   STUDIO
9:00AM <b>PILATES/CORE FUSION</b> FRANCIS   JACK'S RM	5:15PM <b>SPYN</b> TINA   STUDIO	9:00AM <b>PILATES/CORE FUSION</b> LORI   JACK'S RM	4:00PM <b>TEEN BOXING</b> AGES 12-17 ALICIA   STUDIO	10:10AM <b>YIN YOGA</b> KELLY   STUDIO	
10:10AM <b>YOGA L1</b> KARLA   STUDIO	6:15PM <b>STRENGTH CONDITIONING</b> TINA   STUDIO	10:10AM <b>VINYASA FLOW YOGA</b> KELLY   STUDIO	5:15PM <b>SPYN</b> KAREN   STUDIO		
5:00PM <b>CARDIO BOXING</b> ALICIA   STUDIO <i>*Gloves required*</i>		4:00PM <b>TEEN FITNESS</b> AGES 12-17 DANIEL   STUDIO	6:15PM <b>STRENGTH CONDITIONING</b> KAREN   STUDIO		
5:15PM <b>CROSS TRAINING</b> TINA   JACK'S RM		5:00PM <b>CARDIO BOXING</b> ALICIA   STUDIO <i>*Gloves required*</i>			
6:00PM <b>VINYASA FLOW</b> MARINA   STUDIO		5:15PM <b>CROSS TRAINING</b> KAREN   JACK'S RM			
6:15PM <b>LINE DANCING BEGINNER</b> JODI   JACK'S RM		6:00PM <b>VINYASA FLOW YOGA</b> KELLY   STUDIO			
6:45PM <b>LINE DANCING IMPROVER</b> JODI   JACK'S RM		7:15PM <b>MUAY THAI KICKBOXING</b> ALEX   STUDIO			

TO VIEW ALL  
CURRENT  
SCHEDULES  
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QUESTIONS?  
PLEASE STOP BY  
MEMBERSHIP DESK

**SIMI VALLEY FAMILY YMCA**  
**PERSONAL TRAINING**  
SESSION PACKAGES: 1, 4, 8 or 12  
INTERESTED PLEASE CONTACT  
ERIN at [ewimmer@sevymca.org](mailto:ewimmer@sevymca.org)



## 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.

**CARDIO BOXING:** A high-intensity fitness workout that combines boxing movements with aerobic exercises. Cardio boxing improves cardiovascular health, increases strength and endurance, burns calories and promotes weight loss, tones and sculpts muscles, boosts coordination and balance, and provides a fun and challenging workout for the entire body. **\*Gloves required for this class.**

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

**CROSS TRAINING:** This class helps to build a well-rounded fitness foundation. It will improve strength, endurance and agility using a variety of exercises.

**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:** This class is designed for the beginning line dancer.

**LINE DANCING IMPROVER:** 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 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.

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