



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SOUTHEAST VENTURA COUNTY YMCA YARROW FAMILY YMCA GROUP X CLASSES

FEBRUARY 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM <b>BOOTCAMP</b> KATE   STUDIO 3	6:00AM <b>SPYN</b> KATE   STUDIO 2	6:00AM <b>BOOTCAMP</b> ANGELA   STUDIO 3	6:00AM <b>SPYN</b> TODD   STUDIO 2	6:00AM <b>BOOTCAMP</b> TODD   STUDIO 3	8:00AM <b>BOOTCAMP</b> KATE   STUDIO 3
8:30AM <b>H.I.I.T.</b> SYLVIE   STUDIO 3	8:30AM <b>PURE STRENGTH</b> CATHY   STUDIO 3	8:15AM <b>BARRE</b> GIGI   STUDIO 3	8:30AM <b>BEGINNING TAI CHI</b> KIMIKO   STUDIO 4	8:15AM <b>BARRE</b> GIGI   STUDIO 3	9:00AM <b>SPYN</b> TAMI   STUDIO 2
8:30AM <b>SPYN</b> CATHY   STUDIO 2	8:30AM <b>SPYN</b> SYLVIE   STUDIO 2	8:30AM <b>SPYN</b> JASON   STUDIO 2	8:45AM <b>SPYN</b> KERRI   STUDIO 2	8:30AM <b>SPYN</b> MICHELLE N   STUDIO 2	9:30AM <b>ZUMBA</b> BELLA   STUDIO 3
8:30AM <b>TAI CHI</b> KIMIKO   OUTDOORS	8:30AM <b>TAI CHI</b> KIMIKO   OUTDOORS	9:30AM <b>FLOW YOGA</b> JASON   STUDIO 3	9:00AM <b>POWER SCULPT</b> CATHY   STUDIO 3	8:30AM <b>TAI CHI</b> KIMIKO   OUTDOORS	10:30AM <b>GENTLE YOGA</b> MICHELLE B   STUDIO 3
9:30AM <b>FLOW YOGA</b> NANCY   STUDIO 4	8:30AM <b>YIN YOGA</b> MICHELLE B   STUDIO 4	9:30AM <b>HIGH FITNESS</b> MARY   STUDIO 4	9:30AM <b>FLOW YOGA</b> NANCY   STUDIO 4	9:15AM <b>H.I.I.T.</b> COURTNEY   STUDIO 3	11:30AM <b>PILATES</b> NIKKI   STUDIO 3
9:30AM <b>POWER SCULPT</b> CATHY   STUDIO 3	9:30AM <b>LOW IMPACT</b> SYLVIE   STUDIO 3	10:30AM <b>GENTLE YOGA</b> MICHELLE B   STUDIO 3	10:00AM <b>ZUMBA GOLD</b> CECE   STUDIO 3	9:30AM <b>LOW IMPACT</b> CHENOA   STUDIO 4	<p><b>LIVE STREAM STUDIO CLASSES IN STUDIO 4 IF CLASSROOM IS FULL</b></p>
10:30AM <b>STRENGTH, STRETCH &amp; BALANCE</b> PAM   STUDIO 3 <small>LIVE STREAM STUDIO 4</small>	9:45AM <b>BOOTCAMP</b> GERARDO   STUDIO 4	11:30AM <b>STRENGTH, STRETCH &amp; BALANCE</b> CATHY   STUDIO 3 <small>LIVE STREAM STUDIO 4</small>	10:30AM <b>BEGINNING YOGA</b> NANCY   STUDIO 4	10:15AM <b>ZUMBA</b> IDA   STUDIO 3	
11:30AM <b>PILATES</b> NIKKI   STUDIO 3	10:30AM <b>STRENGTH, STRETCH &amp; BALANCE</b> CATHY   STUDIO 3 <small>LIVE STREAM S4 (10:45 AM)</small>	5:30PM <b>SPYN</b> TAMI   STUDIO 2	11:30AM <b>LOW IMPACT</b> SYLVIE   STUDIO 3 <small>LIVE STREAM STUDIO 4</small>	10:30AM <b>CLASSIC YOGA</b> CHANDRA   STUDIO 4	
11:30AM <b>ZUMBA</b> BELLA   STUDIO 4	11:30AM <b>PILATES</b> NIKKI   STUDIO 4	5:30PM <b>STRENGTH, STRETCH &amp; BALANCE</b> CATHY   STUDIO 3	5:30PM <b>RUN CLUB</b> COURTNEY   TURF	11:30AM <b>STRENGTH, STRETCH &amp; BALANCE</b> PAM   STUDIO 3 <small>LIVE STREAM S STUDIO 4</small>	<p><b>CLASSES THAT ARE SHADED REQUIRE RESERVATION THROUGH OUR APP.</b></p> <p><b>PLEASE SEE A MEMBERSHIP STAFF FOR ASSISTANCE USING THE APP</b></p>
5:30PM <b>ZUMBA</b> IDA   STUDIO 3	11:30AM <b>ZUMBA</b> BELLA   STUDIO 3	6:30PM <b>PILATES</b> CHENOA   STUDIO 3	5:30PM <b>H.I.I.T.</b> SYLVIE   STUDIO 3	12:30AM <b>PILATES</b> NIKKI   STUDIO 3	
6:45PM <b>YOGA</b> KRISTIE   STUDIO 4	5:30PM <b>RUN CLUB</b> COURTNEY   TURF	<b>NEW</b> 6:30PM <b>ZUMBA</b> BELLA   STUDIO 4	5:30PM <b>YOGA</b> KRISTIE   STUDIO 4		
	5:30PM <b>SPYN</b> TAMI   STUDIO 2		6:45PM <b>YOGA</b> KRISTIE   STUDIO 4		
	5:30PM <b>YOGA</b> CHANDRA   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.