




SIMI VALLEY FAMILY YMCA

GROUP X CLASSES

FALL SCHEDULE 2025

Revised 10/1/25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:35AM H.I.I.T. FRANCIS STUDIO	8:00AM STRENGTH CONDITIONING FRANCIS STUDIO	5:35AM SPYN FRANCIS STUDIO	8:00AM STRENGTH CONDITIONING ERIN STUDIO	5:35AM H.I.I.T. TINA STUDIO	8:00AM SPYN FRANCIS STUDIO
8:00AM SPYN ERIN STUDIO	9:00AM GENTLE YOGA KELLY JACK'S RM	8:00AM SPYN TINA STUDIO	9:00AM GENTLE YOGA LIZ JACK'S RM	8:00AM SPYN FRANCIS STUDIO	9:00AM STRENGTH CONDITIONING FRANCIS STUDIO
9:00AM ACTIVE for LIFE KARLA STUDIO	9:00AM ZUMBA KARLA STUDIO	9:00AM ACTIVE for LIFE MARIA STUDIO	9:00AM ZUMBA KARLA STUDIO	9:00AM ACTIVE for LIFE ERIN STUDIO	10:00AM VINYASA FLOW YOGA LIZ STUDIO
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 CHAIR YOGA KARLA STUDIO	9:00AM PILATES/CORE FUSION LIZ JACK'S RM	
10:10AM YOGA L1 KARLA STUDIO	5:15PM SPYN TINA STUDIO	10:10AM VINYASA FLOW YOGA RUHI STUDIO	5:15PM SPYN KAREN STUDIO	10:10AM YIN YOGA KELLY STUDIO	
5:00PM CARDO BOXING *GLOVES REQUIRED* ALICIA STUDIO	6:15PM STRENGTH CONDITIONING TINA STUDIO	5:00PM CARDO BOXING *GLOVES REQUIRED* ALICIA STUDIO	6:15PM STRENGTH CONDITIONING KAREN STUDIO		
5:15PM CROSS TRAINING TORRIE JACK'S RM		5:15PM CROSS TRAINING KAREN JACK'S RM		<div>SCAN HERE TO VIEW ALL CURRENT SCHEDULES</div> <div></div>	
6:00PM VINYASA FLOW YOGA MARINA STUDIO		6:00PM VINYASA FLOW YOGA KELLY STUDIO			
6:15PM LINE DANCING BEGINNER JODI JACK'S RM	<div>PERSONAL TRAINING</div> <div>Sessions Packages: 4, 8 or 12</div> <div>Interested please contact Erin at ewimmer@sevmca.org</div>				
6:45PM LINE DANCING IMPROVER JODI JACK'S RM				<div>CLASS DESCRIPTIONS LOCATED ON BACK</div>	

SCHEDULE SUBJECT TO CHANGE AT ANY TIME. PLEASE CHECK THE YMCA APP FOR UPDATED CHANGES.

SIMI VALLEY FAMILY YMCA
3200 Cochran Street, Simi Valley, CA 93065
www.sevmca.org | 805.583.5338

For more information please email us at ewimmer@sevmca.org



GROUP X CLASS 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.

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 and endurance and expend calories for a total aerobic workout.

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

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.

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For more information please email us at simიაquatics@sevymca.org