




## SIMI VALLEY FAMILY YMCA GROUP FITNESS SCHEDULE

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>8a</b>	<b>Full Body Fusion</b> [8:00am-9:00am] (Lori M.)	<b>Yoga</b> [8:00am-9:00am] (Norma W.)	<b>Full Body Fusion</b> [8:00am-9:00am] (Lori M.)	<b>Yoga</b> [8:00am-9:00am] (Norma W.)	<b>Full Body Fusion</b> [8:00am-9:00am] (Stacey E.)	<b>Spinning</b> [8:00am-9:00am] (Barbara P.)
<b>9a</b>	<b>Spinning</b> [9:00am-10:00am] (Jonelle C.)	<b>Kickboxing</b> [9:00am-10:00am] (Lori M.)	<b>Spinning</b> [9:00am-10:00am] (Jonelle C.)	<b>Kickboxing</b> [9:00am-10:00am] (Lori M.)	<b>Spinning</b> [9:00am-10:00am] (Jonelle C.)	<b>Muscle Conditioning</b> [9:00am-10:00am] (Marina C.)
<b>10a</b>	<b>Muscle Conditioning</b> [10:00am-11:00am] (Ashley R.)	<b>Pilates</b> [10:00am-11:00am] (Rebecca H.)	<b>Muscle Conditioning</b> [10:00am-11:00am] (Christina L.)	<b>Pilates</b> [10:00am-11:00am] (Rebecca H.)	<b>Muscle Conditioning</b> [10:00am-11:00am] (Christina L.)	<b>Yoga</b> [10:00am-11:00am] (Stacey E.)
<b>11a</b>		<b>Silver &amp; Strong: WOW</b> [11:00am-12:00pm] (Lori M.) Youth Center		<b>Silver &amp; Strong: WOW</b> [11:00am-12:00pm] (Lori M.) Youth Center		<b>Karate/Jujitsu*</b> [11:00am-12:00pm] (Alan M.)
<b>12p</b>	<b>Silver &amp; Strong</b> [12:00pm-1:00pm] (Lori M.)				<b>Silver &amp; Strong</b> [12:00pm-1:00pm] (Lori M.)	<b>Karate/Jujitsu*</b> [12:15pm-1:15pm] (Alan M.)
<b>1p</b>						<b>T'ai Chi</b> [1:30pm-2:30pm] (Sifu Maku)
<b>5p</b>	<b>Muscle Conditioning</b> [5:00pm-6:00pm] (Ashley R.)	<b>Pilates</b> [5:00pm-6:00pm] (Rebecca H.)	<b>Muscle Conditioning</b> [5:00pm-6:00pm] (Marina C.)	<b>Pilates</b> [5:00pm-6:00pm] (Rebecca H.)	<b>Muscle Conditioning</b> [5:00pm-6:00pm] (Mary D.)	<b>Updated: 12/5/11 Subject to Change Without Notice!</b>
<b>6p</b>	<b>Yoga</b> [6:00pm-7:00pm] (Norma W.)	<b>Cardio Fusion</b> [6:00pm-7:00pm] (Stacey E.)	<b>Yoga</b> [6:00pm-7:00pm] (Norma W.)	<b>Cardio Fusion</b> [6:00pm-7:00pm] (Stacey E.)		
<b>-</b>		<b>T'ai Chi</b> [6:00pm-7:00pm] (Sifu Maku) Jack's Room				
<b>7p</b>	<b>Latin Zumba</b> [7:30pm-8:30pm] (Alyssa B.)	<b>Spinning</b> [7:00pm-8:00pm] (Christina L.)	<b>Latin Zumba</b> [7:00pm-8:00pm] (Mary D.)	<b>Spinning</b> [7:00pm-8:00pm] (Barbara P.)		
<b>8p</b>	<b>Hip Hop*</b> [8:30pm-9:30pm] (Diane W.)	<b>P.M. Boot Camp</b> [8:00pm-9:30pm] (Melissa L.)	<b>P.M. Boot Camp</b> [8:00pm-9:30pm] (Melissa L.)	<b>P.M. Boot Camp</b> [8:00pm-9:30pm] (Melissa L.)		

- All classes are family classes (12+). Children 12-13 years old must be accompanied by parent. Instructor has final authority.
- \* Additional Class Fee

# YMCA FITNESS CLASS DESCRIPTIONS

**Boot Camp:** This fun and energetic class combines intense cardio training, high impact step aerobics, resistance training, and cardiovascular endurance.

**Cardio Fusion:** A high energy and high impact class that combines cardio conditioning and circuit training. A challenging workout for all levels of fitness.

**Full Body Fusion:** A blend of Stability ball training and functional core training for a total body workout. Mats provided.

**Hip Hop:** Fun, high energy class which will teach you various hip hop styles and moves including a variety of dance combinations.

**Karate/Jujitsu:** The class will instruct you in techniques of joint locks, throws, strikes, kicks, and blocks. Through practice you will gain endurance, flexibility, and improve coordination while having a great time and a good workout.

**Kickboxing:** A high energy and high impact class that combines easy to follow punch and kick combinations. A challenging workout for all levels of fitness.

**Latin Zumba:** A very dynamic and exciting class full of Latin Exotic music flavors.

**Muscle Conditioning:** This strength training class is aimed at increasing muscular strength, endurance, and definition for your entire body. Helps to increase bone density, burn fat, and improve your quality of life.

**Pilates:** Helps to build strength and flexibility with an emphasis on lengthening the body and aligning the spine. Mats provided. All levels of fitness are welcome!

**Silver & Strong:** A stress free, energetic class geared towards seniors. This low-impact class will help to increase flexibility, strengthen muscles, and improve day to day functions.

**Silver & Strong-Women on Weights:** This class is for active older women who want to experience the benefits of weight training in a friendly and fun environment. Utilizing our Youth Center equipment these exercises will help build strong bones and strong muscles.

**Spinning:** An instructor led cycling class designed to build strength, endurance, and expend calories for a total aerobic workout. All levels of fitness are welcome!

**T'ai Chi:** Chinese Martial Arts and is suitable for all ages. The benefits of the class include improved posture, coordination, flexibility, stress management, balance, strength, and more.

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

**Fitness 4 You:** A personalized fitness program designed just for you!

**Mobile Fit:** A wellness system that provides adaptive workout plans based on your personal preferences and goals! It is easy to use and a great motivational tool. It provides physical assessments, nutritional planning, and a great opportunity to communicate with our trained fitness staff. [www.mobilefit.com](http://www.mobilefit.com)