

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>
Full Body Fusion [8:00am-9:00am] (Lori M.)	Yoga [8:00am-9:00am] (Norma W.)	Full Body Fusion [8:00am-9:00am] (Lori M.)	Yoga [8:00am-9:00am] (Norma W.)	Full Body Fusion [8:00am-9:00am] (Stacey E.)	Spinning [8:00am-9:00am] (Barbara P.)
Spinning [9:00am-10:00am] (Jonelle C.)	Kickboxing [9:00am-10:00am] (Lori M.)	Spinning [9:00am-10:00am] (Jonelle C.)	Kickboxing [9:00am-10:00am] (Lori M.)	Spinning [9:00am-10:00am] (Jonelle C.)	Muscle Conditioning [9:00am-10:00am] (Marina C.)
Muscle Conditioning [10:00am-11:00am] (Ashley R.)	Pilates [10:00am-11:00am] (Rebecca H.)	Muscle Conditioning [10:00am-11:00am] (Christina L.)	Gymnastics** [9:00am-10:30am] (Steve L.)	Muscle Conditioning [10:00am-11:00am] (Christina L.)	Yoga [10:00am-11:00am] (Stacey E.)
Silver & Strong [12:00pm-1:00pm] (Lori M.)	Silver & Strong: W.O.W. [11:00am-12:00pm] (Lori M.) Youth Center	Gymnastics* [11:30am-4:15pm] (Steve L.)	Pilates [10:00am-11:00am] (Rebecca H.)	Teenie Weenie Ballet [11:00am-12:00pm] (Michelle/ Diane)	Karate/Jujitsu* [11:00am-12:00pm] (Alan M.)
Muscle Conditioning [5:00pm-6:00pm] (Ashley R.)	Children First [3:00pm-4:00pm] (Mat B.)	Muscle Conditioning [5:00pm-6:00pm] (Marina C.)	Silver & Strong: W.O.W. [11:00am-12:00pm] (Lori M.) Youth Center	Silver & Strong [12:00pm-1:00pm] (Lori M.)	Karate/Jujitsu* [12:15pm-1:15pm] (Alan M.)
Yoga [6:00pm-7:00pm] (Norma W.)	Pilates [5:00pm-6:00pm] (Rebecca H.)	Yoga [6:00pm-7:00pm] (Norma W.)	Gymnastics* [11:30am-4:30pm] (Steve L.)	Teenie Weenie Ballet [3:30pm-4:30pm] (Michelle)	T'ai Chi [1:30pm-2:30pm] (Sifu Maku)
Latin Zumba [7:30pm-8:30pm] (Alyssa B.)	Cardio Fusion [6:00pm-7:00pm] (Stacey E.)	Latin Zumba [7:00pm-8:00pm] (Mary D.)	Pilates [5:00pm-6:00pm] (Rebecca H.)	Muscle Conditioning [5:00pm-6:00pm] (Mary D.)	I Wanna Dance [2:30pm-3:30pm] (Elana/ Michelle)
Hip Hop [8:30pm-9:30pm] (Diane W.)	T'ai Chi** [6:00pm-7:00pm] (Sifu Maku)	P.M. Boot Camp [8:00pm-9:30pm] (Melissa L.)	Cardio Fusion [6:00pm-7:00pm] (Stacey E.)		Teenie Weenie Ballet [3:30pm-4:30pm] (Elana/ Michelle)
Updated: 9-12-11 Schedule Subject to Change Without Notice!	Spinning [7:00pm-8:00pm] (Christina L.)		Spinning [7:00pm-8:00pm] (Barbara P.)		
	P.M. Boot Camp [8:00pm-9:30pm] (Melissa L.)		P.M. Boot Camp [8:00pm-9:30pm] (Melissa L.)		



- All classes are family classes (12+). Children 12-15 years old must be accompanied by parent. Instructor has final authority.
- *Gymnastics & Karate/Jujitsu are an additional fee.
- T'ai Chi** on Tuesdays (6:00-7:00pm) and Gymnastics** on Thursdays (9:00-10:30am) are held in Jack's Room.
- Kid's Zone is held in the Fish Bowl on Tuesday & Thursday 5:00pm-6:00pm.

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.

Children F.I.R.S.T.: Children learn the basics of good nutrition, proper stretching techniques, the benefits of exercise, and the emotional benefits in a fun atmosphere.

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

Gymnastics (Youth): Classes will cover the fundamentals of gymnastics, tumbling skills, and different types of apparatus, which in turn will increase muscle strength and flexibility.

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.

Kid's Zone: Combination of sports, games, and crafts. Ages 6-12.

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.

Teenie Weenie Ballet/I Wanna Dance (Ballet and Tap): Your children will learn structured dance routines, feel comfortable exploring their artistic side and enhance their grace and poise.

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