

Santa Maria Valley YMCA Fitness Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45am	<ul style="list-style-type: none"> ▪Cycling 45 min (Ilka) ▪Body Sculpting (Becky) 	<ul style="list-style-type: none"> ▪Cycling 45 min (Mitch) ▪Step (Robin) 	<ul style="list-style-type: none"> ▪Cycling 45 min (Lisa) ▪Body Sculpting (Robin) 	<ul style="list-style-type: none"> ▪Cycling 45 min(Gretel) ▪Jam-N-Cardio (Becky) 	<ul style="list-style-type: none"> ▪Cycling 45 min(Becky) ▪Step-Circuit (Valerie) 	
7:00am						Step (Robin)
8:00am	<ul style="list-style-type: none"> ▪ Boot Camp (Erika) ▪ Aqua Fitness (Sanndy) 	<ul style="list-style-type: none"> ▪ Pedal & Pump (Lisa) 	<ul style="list-style-type: none"> ▪ Extreme Core Abs & Glutes (Joanie) ▪ Aqua Fitness (Sanndy) 	<ul style="list-style-type: none"> ▪ Cardio Sculpt (Joanie) 	<ul style="list-style-type: none"> ▪ Pedal & Pump (Laura) ▪ Aqua Fitness (Sanndy) 	
8:45am						Cycling 45 min(Variety)
9:00am	<ul style="list-style-type: none"> ▪ Zumba (Chris) ▪ Seniorcise (Laura) <i>Basketball Court</i> ▪ Cycling 45 mins (Eleanor) ▪ Deep Water Walking (Sanndy) 	<ul style="list-style-type: none"> ▪ Yoga (Eleanor) 	<ul style="list-style-type: none"> ▪ Step (Valerie) ▪ Seniorcise (Laura) <i>Basketball Court</i> ▪ Cycling45 mins (Erika) ▪ Deep Water Walking (Sanndy) 	<ul style="list-style-type: none"> ▪ Cardio Sculpt (Jen) 	<ul style="list-style-type: none"> ▪ Boot Camp (Gretel) ▪ Seniorcise (Laura) <i>Basketball Court</i> ▪ Cycling 45 mins(Lisa) ▪ Deep Water Walking (Sanndy) 	<ul style="list-style-type: none"> Aqua Fitness (Ilka)
10:00am	Pilates w/Yoga Stretch (Chris)	45 Minute Body Sculpting (Eleanor)	Pilates w/Yoga Stretch (Chris)	Cardio & Core (Ilka)	Yoga (Chris)	Yoga (Variety)
10:45am		Sweet-n-Low Resist-A-Ball (Sally)		Sweet-n-Low Resist-A-Ball (Sally)		
1:00pm	Seniorcise (Variety)		Seniorcise (Gretel/Eleanor)		Seniorcise (Eleanor)	
5:30pm	Boot Camp (Jennifer)	Body Sculpting 45 mins (Ilka)	Kickboxing (Dennis)	Body Sculpting 45 mins (Erika)	Kids Cardio Boxing (Carrie)	
6:15pm		Cycling 45 mins(Ilka)		Cycling 45mins (Erika)		
6:30pm	<ul style="list-style-type: none"> ▪Yoga (Chris) ▪ Aqua Fitness (Sally/Ilka) 	Aqua Fitness (Sally/Ilka)	<ul style="list-style-type: none"> ▪Yoga (Teresa) ▪Aqua Fitness (Sally/Ilka) 	Aqua Fitness (Sally/Ilka)		
7:00pm		Karate 7-8:15 Beginners 8:15-9:00 Intermediate/Adv		Karate 7-8:15 Beginners 8:15-9:00 Intermediate/Adv		