

## May 2nd - 8th

Reserve your spot for on site classes on our website [www.smvymca.org](http://www.smvymca.org). Masks or face shields must be worn at all times, even during class. To access Virtual Y classes, use barcode on scan card. See front desk for details. To see classes previously offered on Facebook, search "Santa Maria Valley YMCA- Virtual Fitness" on Facebook. Contact Eleanor with questions at [ebyears@smvymca.org](mailto:ebyears@smvymca.org).



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:10am		BODYPUMP 45min (Michele)		BODYPUMP 45min (Michele)		
8:00am			Cycling (Michele)			
8:15am	Cycling (Cynthia)				Cycling (Cynthia)	Cycling (Gina)
9:00am				PiYo Allison <b>AEROBICS ROOM</b> Y		
9:20am						<b>Body Combat Launch</b>
10:30am			Yoga (Ester)			Yoga (Ester) <b>Activites Room</b>
11:00am		Strength & Balance (Sally)		Strength & Balance (Sally)		
4:00pm	Zumba (Ellen)					
5:30pm	BodyCombat (Jen/Karin)	BODYPUMP (Teresa)	Zumba (Lindsay)	BODYPUMP (Jamilia)		
	Cycling (Jamilia)	Cycling (Jada)	Cycling (Jamilia)			