

Jan 2021 Skinny Start Jan 11-16. Reserve your spot for on site classes on our website www.smvymca.org To access Virtual Y classes, use barcode on scan card. See front desk for details. To see classes previously offered on Facebook, search for "Santa Maria Valley YMCA-Virtual Fitness" on Facebook. Contact Julie with questions! Jcruse@smvymca.org

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:10am		BodyPump 45 min (Michele)		BodyPump 45 min (Michele)		
8:00am	Cycle (Cynthia)		Cycling (Michele)		Cycle (Cynthia)	
8:15am						Cycling (Cynthia)
9:00am						
9:20am						Zumba (Lindsay)
10:30am						Yoga (Ester)
11:00am		Strength & Balance (Sally)		Strength & Balance (Sally)		
4:00pm	Zumba (Ellen)					
5:30pm	BodyCombat (Karin)	BodyPump (Cynthia)	Zumba (Lindsay)	BodyPump (Jamilia)		
	Cycling (Jamilia)	Cycling (Jada)	Cycling (Jamilia)			