

Santa Maria Valley YMCA Fitness Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45am	•Cycling 45 min (Terri) •Body Sculpting (Becky)	•Cycling 45 min (Mitch) •Step (Robin)	•Cycling 45 min (Lisa) •Body Sculpting (Robin)	•Cycling 45 min(Gretel) •Jam-N-Cardio (Becky)	•Cycling 45 min(Becky) •Step-Circuit (Valerie)	
7:00am						Step (Robin)
8:00am	▪ Fitness Fusion 20/20/20 (Eleanor/Lisa) ▪ Aqua Fitness (Sanndy)	▪ Pedal & Pump (Lisa)	▪ Basic Step/Strength (Joanie) ▪ Aqua Fitness (Sanndy)	▪ Cardio Sculpt (Joanie)	▪ Pedal & Pump (Eleanor) ▪ Aqua Fitness (Sanndy)	
8:30am	Free Weight Training 30 min (Carrie)				Free Weight Training 30 min (Carrie)	
8:45am						Cycling 45 min(Variety)
9:00am	▪ Retro-Robics w/Strength (Chris) ▪ Seniorcise (Laura) <i>Basketball Court</i> ▪ Cycling 45 mins (Eleanor) ▪ Deep Water Walking (Sanndy)	▪ Yoga (Eleanor)	▪ Step (Valerie) ▪ Seniorcise (Laura) <i>Basketball Court</i> ▪ Cycling45 mins (Tonya) ▪ Deep Water Walking (Sanndy)	▪ Cardio Sculpt (Jennifer)	▪ Boot Camp (Gretel) ▪ Seniorcise (Laura) <i>Basketball Court</i> ▪ Cycling 45 mins(Lisa) ▪ Deep Water Walking (Sanndy)	
10:00am	Pilates w/Yoga Stretch (Chris)	45 Minute Body Sculpting (Kimberly)	Pilates w/Yoga Stretch (Chris)	45 Minute Body Sculpting (Tonya)	Pilates w/Yoga Stretch (Chris)	Yoga (Variety)
10:30am						Aqua Fitness (Ilka)
10:45am		Sweet-n-Low Resist-A-Ball (Sally)		Sweet-n-Low Resist-A-Ball (Sally)		
1:00pm	Seniorcise (Chris)		Seniorcise (Chris)		Seniorcise (Eleanor)	
4:30pm	Youth Fitness (Carrie)					
5:30pm	Boot Camp (Jennifer)	Body Sculpting 45 mins (Jennifer)	Kickboxing (Dennis/Kellie)	Body Sculpting 45 mins (Tonya)	Kids Cardio Boxing (Carrie)	
6:15pm		Cycling 45 mins(Jennifer)		Cycling 45mins (Tonya)		
6:30pm	•Yoga (Chris) • Aqua Fitness (Sally/Ilka)	Aqua Fitness (Sally/Ilka)	•Yoga (Tracy) •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		