

# Santa Maria Valley YMCA Fitness Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45am	<ul style="list-style-type: none"> <li>•Cycling 45 min (Gretel)</li> <li>•BODYPUMP™ (Donna)</li> </ul>	<ul style="list-style-type: none"> <li>•Cycling 45 min (Mitch)</li> <li>•Step (Robin)</li> </ul>	<ul style="list-style-type: none"> <li>•Cycling 45 min (Lisa)</li> <li>•Body Sculpting (Robin)</li> </ul>	<ul style="list-style-type: none"> <li>•Cycling 45 min(Ilka)</li> <li>•Cardio Jam(Becky)</li> </ul>	<ul style="list-style-type: none"> <li>•Cycling 45min (Donna/Sally)</li> <li>•BODYPUMP™ (Gretel)</li> </ul>	
7:00am						Step (Robin)
7:30am						Cycling 45 min
8:00am	<ul style="list-style-type: none"> <li>• BODYPUMP™ (Jennifer)</li> <li>• Aqua Fitness (Sanndy)</li> </ul>	<ul style="list-style-type: none"> <li>• Pedal &amp; Pump (Ilka)</li> </ul>	<ul style="list-style-type: none"> <li>• Zumba (Rosalie)</li> <li>• Aqua Fitness (Sanndy)</li> </ul>	<ul style="list-style-type: none"> <li>• Pedal &amp; Pump (Joanie)</li> </ul>	<ul style="list-style-type: none"> <li>• BODYPUMP™ (Kimberly)</li> <li>• Aqua Fitness (Sanndy)</li> </ul>	
8:30am						BODYPUMP™ or Zumba <i>Alternating Saturdays</i>
9:00am	<ul style="list-style-type: none"> <li>• Zumba (Rosalie)</li> <li>• Seniorcise (Laura) <i>Basketball Court</i></li> <li>• Cycling 45 mins (Lisa/Eleanor)</li> <li>• Deep Water Walking 8:45 (Sanndy)</li> </ul>	<ul style="list-style-type: none"> <li>• BODYPUMP™ (Ilka/Angela)</li> </ul>	<ul style="list-style-type: none"> <li>• BODYPUMP™ (Jen)</li> <li>• Seniorcise (Laura) <i>Basketball Court</i></li> <li>• Cycling45 mins (Ilka)</li> <li>• Deep Water Walking 8:45 (Sanndy)</li> </ul>	<ul style="list-style-type: none"> <li>• Cardio Sculpt (Jen)</li> </ul>	<ul style="list-style-type: none"> <li>• Zumba (Rosalie)</li> <li>• Seniorcise (Laura) <i>Basketball Court</i></li> <li>• Cycling 45 mins(Jen)</li> <li>• Deep Water Walking 8:45(Sanndy)</li> </ul>	Aqua Fitness (Variety)
10:00am	Yoga (Chris)	Power Abs & Deep Stretch (June)	Pilates (June)	Pilates (June)	Yoga (Kim/Teresa)	Yoga (Variety)
11:15am		Strength & Balance (Sally)		Strength & Balance (Sally)		
12:00 noon	BODYPUMP™ (Ilka/Heather)		Zumba (Heather)		BODYPUMP™ (Kimberly/Teresa)	
4:00pm			Pre-School Fitness (Kimberly)			
4:30pm	CARDIO MAX (Kimberly)	Zumba (Angela)	Cycle & CORE (Kimberly)	Zumba (Heather)		
5:30pm	Boot Camp (Jennifer)	BODYPUMP™ (Kimberly/Donna)	Kickboxing (Dennis)	BODYPUMP™ (Kimberly/Jennifer)	Zumba (Angela)	
6:30pm	<ul style="list-style-type: none"> <li>•Yoga (Chris)</li> <li>• Aqua Fitness (Sally)</li> </ul>	Cycling 45 mins(Donna)	<ul style="list-style-type: none"> <li>•Yoga (Jennifer)</li> <li>•Aqua Fitness (Sally)</li> </ul>	Cycling 45mins (Teresa)		