

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 (Gretel) ▪BODYPUMP™ (Donna) 	<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(Ilka) ▪Cardio Jam(Becky) 	<ul style="list-style-type: none"> ▪Cycling 45min (Donna/Sally) ▪BODYPUMP™ (Gretel) 	
7:00am						Step (Robin)
7:30am						Cycling 45 min
8:00am	<ul style="list-style-type: none"> ▪ BODYPUMP™ (Jennifer) ▪ Aqua Fitness (Sanndy) 	<ul style="list-style-type: none"> ▪ Pedal & Pump (Ilka) 	<ul style="list-style-type: none"> ▪ Zumba (Rosalie) ▪ Aqua Fitness (Sanndy) 	<ul style="list-style-type: none"> ▪ Pedal & Pump (Joanie) 	<ul style="list-style-type: none"> ▪ BODYPUMP™ (Kimberly) ▪ Aqua Fitness (Sanndy) 	
8:30am						BODYPUMP™ or Zumba <i>Alternating Saturdays</i>
9:00am	<ul style="list-style-type: none"> ▪ Zumba (Rosalie) ▪ Seniorcise (Laura) <i>Basketball Court</i> ▪ Cycling 45 mins (Lisa/Eleanor) ▪ Deep Water Walking 8:45 (Sanndy) 	<ul style="list-style-type: none"> ▪ BODYPUMP™ (Ilka/Angela) 	<ul style="list-style-type: none"> ▪ BODYPUMP™ (Jen) ▪ Seniorcise (Laura) <i>Basketball Court</i> ▪ Cycling45 mins (Ilka) ▪ Deep Water Walking 8:45 (Sanndy) 	<ul style="list-style-type: none"> ▪ Cardio Sculpt (Jen) 	<ul style="list-style-type: none"> ▪ Zumba (Rosalie) ▪ Seniorcise (Laura) <i>Basketball Court</i> ▪ Cycling 45 mins(Jen) ▪ Deep Water Walking 8:45(Sanndy) 	Aqua Fitness (Variety)
10:00am	Yoga (Chris)	Pilates (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"> ▪Yoga (Chris) ▪ Aqua Fitness (Sally) 	Cycling 45 mins(Donna)	<ul style="list-style-type: none"> ▪Yoga (Jennifer) ▪Aqua Fitness (Sally) 	Cycling 45mins (Teresa)		