



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**GROUP EXERCISE SCHEDULE
BEGINS MONDAY, JANUARY 2ND**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EARLY MORNING					
Body Pump ^# Deanna (s) 6:00-7:00 am	Cycle # Amy (c) 6:00-7:00 am	Body Pump ^# Deanna (s) 6:00-7:00 am	Cycle # Amy (c) 6:00-7:00 am	Cycle # Charles (c) 6:00-7:00 am	
Master Swim Aubrie 6:00-7:30 am		Master Swim Aubrie 6:00-7:30 am		Master Swim Aubrie 6:00-7:30 am	
MID MORNING					
Cycle # Deanna (c) 8:30-9:30 am	Body Pump ^# Amy (s) 8:30-9:30 am	Cycle # Deanna (c) 8:30-9:30 am	Body Pump ^# Amy (s) 8:30-9:30 am	Cycle # Christina (c) 8:30-9:30 am	Body Pump ^# Alicea (s) 7:10-8:15 am
Body Pump ^# Sharyl (s) 8:30-9:30 am	Cycle # Amy (c) 9:35-10:35 am	Cardio Sculpt ^^ Sharyl (s) 8:30-9:30 am	Cycle # Christina (c) 9:35-10:35 am	Body Sculpt ^^ Christina (s) 9:35-10:35 am	Body Pump ^# Deanna (s) 8:15-9:20 am
			Body Pump ^# Sharyl (s) 9:35-10:35 am		
Zumba Seda (s) 9:35-10:35 am	Active Older Adults Cycle Deanna (c) 10:45-11:00 am	Zumba Cathy (s) 9:35-10:35 am	Active Older Adults Cycle Charles (c) 10:45-11:00 am		Cycle # Cathy (c) 8:15-9:15 am
Gentle Yoga ^^ Mary (s) 10:45-11:45 am	Silver Sneakers ROM Deanna (c) 11:00-11:45	Gentle Yoga ^^ Mary (s) 10:45-11:45 am	Silver Sneakers ROM Charles (c) 11:00-11:45	Gentle Yoga ^^ Raechelle (s) 10:45-11:45 am	Yoga ^^ Rosemary (s) 9:30-10:30 am
AFTERNOON					
Arthritis Foundation Aqua Exercise* Camille (p) 12:00-1:00 pm		Arthritis Foundation Aqua Exercise* Camille (p) 12:00-1:00 pm		Arthritis Foundation Aqua Exercise* Camille (p) 12:00-1:00 pm	
EVENING					
Yoga ^ Mary (s) 5:30-6:30 pm	Yoga Pilates Fusion ^ Sharyl (s) 5:30-6:30 pm		Pilates ^ Raechelle (s) 5:30-6:30 pm	Zumba Julie (s) 5:30-6:30 pm	FACILITY HOURS Monday – Friday 5:30am – 9:00pm Saturday 7:00am – 7:00pm Sunday 9:00am – 5:00pm Schedule is subject to change. * A great place to start ^ Bring a mat # Sign in at desk s=studio p=pool
Cycle # Alicea (c) 5:30-6:30 pm	Cycle # Charles (c) 5:30-6:30 pm	Cycle # Angie (c) 5:30-6:30 pm			
Rip and Ride # Alicea (c) 6:30-7:30 pm		Zumba Cathy (s) 6:00-7:00 pm			
Zumba Julie (s) 6:30-7:30 pm	Body Pump ^# Sharyl (s) 6:30-7:30 pm	Aqua Lisa (p) 6:30-7:30 pm	Body Pump ^# Deanna (s) 6:30-7:30 pm		

*****Fitness Schedule - subject to change based on participation*****

PLEASE VISIT US ON THE WEB FOR UPCOMING EVENTS @ www.ciyymca.org/camarillo/events or





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POLICIES:

1. Be on time to ensure your space in class & to prevent injury
2. Talking is discourteous & distracting to the class
3. If you have a special medical consideration, consult with your doctor prior to participation
4. Wear good aerobic shoes (no black soles)
5. For the safety of your children and the enjoyment of others, children not participating in the class may not enter.
6. Participants must bring their own mat.

General Class Descriptions:

LAND:

- Active Older Adult Cycle: Indoor cycle class geared for active older adults.
- Body Pump: Sculpt your entire body in 60 minutes. Utilizes the barbell and your own body weight.
- Body Sculpt: Like having your own personal trainer. This class incorporates hand weights and your own body weight for the ultimate resistance program.
- Cardio Sculpt: Interval training to build strength and muscular endurance using hand weights, the Swiss ball and resistance bands.
- Cycle: This program is for everyone! Cycle classes are designed to accommodate all levels of riders in the same class.
- Gentle Yoga: Our yoga class at a slower pace for a variety of populations and beginners.
- Intro to Cycle: Our regular cycle class with additional instruction for beginners. Arrive 10 minutes prior to the start of class for cycle fitting.
- Pilates: A core-driven class based on the methods of Joseph Pilates.
- Rip and Ride: 30 minutes of abdominal strengthening followed by 30 minutes of cycle
- Silver Sneakers Range of Motion: Participants will use bands, balls, and hand weights to improve daily functionality.
- Yoga: Gain flexibility and strength. Improve balance and relaxation skills. If you are new to Yoga notify the instructor before class begins.
- Yoga Pilates Fusion: An athletic combination of Pilates and yoga. Linking breath with movement, this class promises to keep your heart rate high while building a strong core.
- Zumba: Low-impact, high intensity aerobic dances incorporating international flavors or music and dance. Designed for all levels of fitness looking for a fun and effective workout.

In The Pool:

- Water Aerobics: Low impact aerobics and strength building exercises in the pool.
- Arthritis Foundation Aqua: Gentle water exercises for easing arthritic discomforts, while improving joint mobility, increasing muscle tone and enhancing circulation. Arthritis Foundation class.
- Masters Swim: Swimming programming to develop a strong base of strokes and training techniques in a fun and social atmosphere.

Attention Members:

So that we can better serve you, we will be updating our Group Exercise schedule on a monthly basis. This schedule will be current through February 4th. Please check back on the first of the month for an updated schedule, or visit our website at www.ciymca.org.