



Camarillo Family YMCA

Active Older Adult Classes

At the Camarillo Family YMCA, we encourage older adults to keep active and grow in spirit, mind and body. All classes are free to members of the Camarillo Family YMCA. Non-members can participate in the Arthritis Foundation Water Exercise class for a nominal fee, as noted below.

Date/Time	Event	Other information
M-W-F 12pm-1pm	Arthritis Foundation Water Exercise	An instructed class that uses mild aerobic and exercise techniques to increase joint range of motion. Free for YMCA members, or \$30 for 10 classes for non-members.
T-TH 10:30am-11:30am	Active Older Adult Programming	Classes focus on Resistance Training, Stretching, Cycling, and Low-Impact Cardio.
M 9:30am-10:30am	Zumba Plus	All of the great aspects of Zumba (see below) ending with leg and ab workout on mat. Exercises can be modified for all levels of fitness.
W 9:30am-10:30am 6pm-7pm	Zumba	Moderate-impact, high intensity aerobic dance incorporating international flavors of music and dance for the young at heart. Exercises can be modified for all levels of fitness.
Th 9:30am-10:30am	Low-Impact	Low impact aerobics with choreographed routines. Layered movements increase workout intensity.
F 10:30am-11:30am	Gentle Yoga	Slower-paced Yoga geared for beginners and Active Older Adults.



Camarillo Family YMCA
3111 Village at the Park Drive
Camarillo, CA 93012
Phone: 805-484-0423 Fax: 805-388-7087
www.ciyymca.org