



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTH & WELLNESS CLASS SCHEDULE

MONTECITO FAMILY YMCA

UPDATED FEB 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga II/III 7:15am-8:15am Meredith	Yoga II/III 7:15am-8:15am Suzanne	Yoga II/III 7:15am-8:15am Suzanne	Yoga II/III 7:15am-8:15am Felicia	Yoga II/III 7:15am-8:15am Felicia		
Upbeat Bands 8:30am-9:40am Meredith	Piloxing 8:30am-9:30am Leslie	Cardio Circuit Express 8:30am-9:40am Dianna	ZUMBA® 8:30am-9:30am Maggie	Jazz Funk 8:30am-9:40am Harout	ZUMBA® 8:30am-9:40am Norman & Carol	
Pilates 9:50am-10:50am Dianna (Mat Science)	Cybox Circuit 9:00am-10:00am Debbie (Cybox Room)	Pilates 9:50am-10:35am Constance (Mat Science)	Cybox Circuit 9:00am-10:00am Debbie (Cybox Room)	Pilates 9:50am-10:50am Angelica (Mat Science)		
	MB Flexibility 9:35am-10:35am Constance		MB Flexibility 9:35am-10:35am Constance		YOGA II/III 9:45am-11:00am Suzanne / Constance	
Senior Fit 10:55am-11:55am Wil	Dance Movement 10:40am-11:10am Constance		Dance Movement 10:40am-11:10am Constance	Senior Fit 10:55am-11:55am Constance	NIA 11:10am- 12:10pm Gabi	
Yoga II/III 12:00pm-1:00pm Chantal	Yoga I 11:15am-12:15pm Daniel	Yoga II/III 12:00pm-1:00pm Chantal	Yoga I 11:15am-12:15pm Daniel	Yoga Stretch 12:00pm-1:00pm Dana		YMCA opens at 12 noon
Meditation 1:10pm-2:10pm Dana	Studio Cycling 12:20pm-1:10pm Leslie	Pranic Healing 1:00pm-2:00pm Chantal	Studio Cycling 12:20pm-1:10pm Alison	Smart Moves 1:15pm-2:00pm Sally	*Advanced Yoga 2:00pm-4:00pm 2 nd Saturday	
	Tai Chi 2:00pm-3:00pm Patrick		Tai Chi 2:00pm-3:00pm Patrick			
Youth Classes 2:00pm-5:15pm	Youth Classes 3:00pm-5:15pm	Youth Classes 2:00pm-5:15pm	Youth Classes 3:00pm-5:00pm	Youth Classes 2:00pm-5:15pm	*Beginners Yoga 2:00pm-4:00pm 3 rd Saturday	Yoga All Levels 3:15pm - 4:45pm Andriya
Studio Cycling 6:00pm-6:45pm Alison	ZUMBA® 5:20pm-6:20pm Norman & Esteban	Studio Cycling 6:00pm-6:45pm Sara	Belly Dance 5:20pm-6:20pm Beth		*Intro to Pilates 2:00pm-4:00pm 4 th Saturday	
Pilates 7:00pm - 8:00pm Angelica (Mat Science)	Yoga II/III 6:30pm-7:30pm Daniel	Pilates 7:00pm-8:00pm Angelica (Mat Science)	Yoga II/III 6:30pm-7:30pm Daniel	Gentle Yoga 6:00pm-7:00pm Suzanne		
	Karate 7:40pm-8:50pm John B.		Karate 7:40pm-8:50pm John B.			

For your safety and respect for other members, please arrive on time to all classes.

Montecito Family YMCA

591 Santa Rosa Lane, Montecito, CA 93108

P 805 969 3288 F 805 969 4871 ciymca.org/montecito



**FOR YOUTH DEVELOPMENT
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CARDIO AND STRENGTH CLASSES

Cardio Fitness Express - A fun aerobic interval class where you never stop moving! Build all our favorite muscle groups while challenging your cardio fitness too!

Cybox Circuit - In the Cybox room. Strengthen up with others! A workout for the whole body. Enjoy the music and all that energy.

Dance Movement - The perfect stop for those wanting to learn to move aerobically in an intimidation free environment. Great fun!

Belly Dance - An entertaining cardio workout that focuses on the core muscles while you isolate different parts of your body (hips, shoulders, chest and stomach).

NIA - (Neuromuscular Integrative Action) is founded on the concept that there is a dancer, martial artist, and highly aware person within you. This class is an expressive fitness and awareness movement program. Nia offers an experience that embraces individual creativity, self-inquiry and free expression.

Jazz Funk - This class includes jazz, hip-hop, and current dance moves choreographed into an easy-to-follow format. A fun class with hot music. This high-energy dance class will deliver a great workout with an emphasis on fun!

Piloxing - Blends the power, speed and agility of Boxing with the beautiful sculpting and flexibility of Pilates into a fun, muscle toning workout.

Studio Cycle - A non-impact, hi-energy aerobic ride with music, friends and fitness. Let your mind free itself from stress as this class carries you away to an exciting new fitness level.

Upbeat Bands - Get your heart pumping with a cardio core workout accented by the hottest weigh training in town...bands! This class is lively and fun!

ZUMBA® - The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

ACTIVE OLDER ADULTS

Smart Moves - Come experience a safe and effective workout that will leave you refreshed with increased energy and a sense of well-being. This class is for all age groups that want to improve and maintain their fitness level in a friendly social atmosphere. It is performed standing and sitting in chairs and includes light aerobics, weight training, balance training and stretching.

Senior Fit - A complete aerobic and light toning class. Join new friends for a wonderful 60-minute workout.

SPECIAL INTEREST CLASSES

Beginners Yoga - This step by step class will gently guide the beginning student through basic breathing techniques (*Pranayama*) coupled with basic yoga postures (*asanas*), followed by a deep relaxation, and short meditation. Clear, precise and gentle instruction gives the beginning yoga student a solid foundation on which to build their yoga practice.

Gentle Yoga - This HATHA YOGA class will allow you to shift out of the stress of daily living and into an easeful, more peaceful you. Includes a super deep relaxation!!

MB Flexibility - In this class you'll improve your flexibility, posture, balance and body awareness while learning to control the negative effects of stress in your body.

Meditation - Learn a variety of meditations from the Buddhist tradition that will help you to develop and maintain a peaceful and positive mind amidst the busyness and stress of daily life. Everyone is welcome and no prior experience is necessary.

Pilates - This mat science class uses thera-bands, balls, glides and a variety of other devices and techniques to increase an individual's muscle strength & endurance, core body strength and balance. The Pilates system of conditioning is perfect for individuals who are complimenting their fitness training program, nursing minor injuries or trying to gain balance in their lives. Come try this great class!

Pranic Healing - A simple yet powerful and effective system of no-touch energy healing originated and developed by GrandMaster Choa Kok Sui. It is based on the fundamental principle that the body is a *self-repairing* living entity that possesses the innate ability to heal itself.

TAI CHI - Incorporates flowing slow motion movements and breathe to increase your mental and physical health, and calm your spirit.

Yoga Stretch - Promotes health, strength, flexibility, and peace of mind. Breathing techniques, (*pranayama*) are coupled with postures (*asanas*) to focus the mind, align the skeletal system, tone the muscles, stretch the ligaments and tendons while fostering a sense of internal harmony and balance.

YOGA I - Class is for yoga participants beginning to advanced who crave feedback on form, function & techniques of HATHA YOGA.

YOGA II & III - Offered morning, noon and night, these classes welcome all... Intermediate & Advance. Explore and experience the revitalizing world of HATHA YOGA.

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