



# Santa Barbara Family YMCA | January 9th - January 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP™</b> Studio 1	6:15AM-7:10AM (Strength) <i>Angel P.</i>		6:15AM-7:10AM (Strength) <i>Jenna C.</i>				
<b>STRENGTH TRAINING</b> Studio 1		10:30AM-11:25AM (Strength) <i>Kristine O.</i>		10:30AM-11:25AM (Strength) <i>Kristine O.</i>			



# Ventura Family YMCA | January 9th - January 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODY SCULPT</b> Outdoor <a href="#">Sign Up</a>		5:15PM-6:00PM (Strength) <i>Nicole B.</i>	5:15PM-6:00PM (Strength) <i>Adam Z.</i>	5:15PM-6:00PM (Strength) <i>Adam Z.</i>			
<b>BODYPUMP™</b> Studio 1 <a href="#">Sign Up</a>						10:15AM-11:15AM (Strength) <i>Terry B.</i>	



## Camarillo Family YMCA | January 9th - January 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP™</b> Studio		5:30PM-6:30PM (Strength) <i>Cathy G.</i>					
<b>CORE FUSION</b> Studio		6:35PM-7:05PM (Strength) <i>Cathy G.</i>					



Montecito Family YMCA | January 9th - January 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>PILATES</b> Multipurpose Room			9:00AM-9:45AM (Strength) <i>Molly G.</i>				



**Stuart C. Gildred Family YMCA | January 9th - January 15th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>CORE FUSION</b> Group Exercise Studio						9:30AM-10:15AM (Strength) <i>Lena B.</i>	