



Santa Barbara Family YMCA | January 16th - January 22nd

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



Ventura Family YMCA | January 16th - January 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODY SCULPT Outdoor Sign Up		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>			
BODYPUMP™ Studio 1 Sign Up						10:15AM-11:15AM (Strength) <i>Terry B.</i>	



Camarillo Family YMCA | January 16th - January 22nd

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



Montecito Family YMCA | January 16th - January 22nd

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



Stuart C. Gildred Family YMCA | January 16th - January 22nd

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