



Montecito Family YMCA | October 19th - October 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AQUA FIT Pool Sign Up	10:00AM-10:50AM (Water) <i>Janice</i>		10:00AM-10:50AM (Water) <i>Janice</i>			10:00AM-10:50AM (Water) <i>Janice</i>	
CYCLE Multipurpose Room	5:30PM-6:15PM (Cycle) <i>Alison G.</i>		5:30PM-6:15PM (Cycle) <i>Alison G.</i>				
PILATES Multipurpose Room			9:00AM-9:45AM (Strength) <i>Molly G.</i>				
ZUMBA® Multipurpose Room						9:45AM-10:30AM (Dance) <i>John P.</i>	



Stuart C. Gildred Family YMCA | October 19th - October 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AOA FITNESS Group Exercise Studio	10:45AM-11:30AM (Active Older Adults) <i>George S.</i>						
YOGA Group Exercise Studio	12:00PM-1:00PM (Mind & Body) <i>Marta N.</i>						
CYCLE Cycle Studio			8:30AM-9:15AM (Cycle) <i>Chris S.</i>				



Lompoc Family YMCA | October 19th - October 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FIT FOR LIFE Group Exercise Studio	11:00AM-11:45AM (Active Older Adults) <i>Kathy P.</i>						



Camarillo Family YMCA | October 19th - October 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CYCLE Studio Sign Up	5:30PM-6:15PM (Cycle) <i>Chad E.</i>			8:30AM-9:15AM (Cycle) <i>Brenda</i>			
BODYPUMP™ Studio		5:30PM-6:30PM (Strength) <i>Cathy G.</i>					
INTERVAL TRAINING Gym Sign Up			8:30AM-9:30AM (Cardio/Interval) <i>Shannon J.</i>				



Ventura Family YMCA | October 19th - October 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FOLK DANCE Studio 1 Sign Up		1:30PM-3:00PM (Dance) <i>Randy B.</i>		1:30PM-3:00PM (Dance) <i>Randy B.</i>			
YOGA Studio 2 Sign Up			8:15AM-9:15AM (Mind & Body) <i>Maria C.</i>		8:15AM-9:15AM (Mind & Body) <i>Debbie A.</i>		
SILVERSNEAKERS YOGA® Studio 1 Sign Up			11:15AM-12:15PM (Active Older Adults) <i>Maria C.</i>				
CYCLE Studio 1 Sign Up			5:15PM-6:00PM (Cycle) <i>Debbie A.</i>				
ZUMBA GOLD® Studio 1 Sign Up					10:15AM-11:00AM (Dance) <i>Louise B.</i>		