



Montecito Family YMCA | January 25th - January 31st

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



Stuart C. Gildred Family YMCA | January 25th - January 31st

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



Lompoc Family YMCA | January 25th - January 31st

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



Camarillo Family YMCA | January 25th - January 31st

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



## Ventura Family YMCA | January 25th - January 31st

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