



Ventura Family YMCA | April 19th - April 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AOA FITNESS Studio 1 Sign Up	11:15AM-12:00PM (Active Older Adults) <i>Nicole B.</i>						
CYCLE Studio 1 Sign Up	5:15PM-6:00PM (Cycle) <i>Heidi D.</i>		5:15PM-6:00PM (Cycle) <i>Debbie A.</i>				
PILATES Studio 1 Sign Up		9:15AM-10:00AM (Specialty) <i>Marci H.</i>		9:15AM-10:00AM (Specialty) <i>Amber F.</i>			
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>				
CHAIR YOGA Studio 1 Sign Up				11:15AM-12:00PM (Active Older Adults) <i>Lauren P.</i>			
ZUMBA GOLD® Studio 1 Sign Up					10:15AM-11:00AM (Dance) <i>Louise B.</i>		