



Stuart C. Gildred Family YMCA - Pool | May 31st - June 6th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------------------|---|--|--|--|--|---|--------|
| LAP SWIM SHARED LANE Pool | 6:00AM-6:50AM (Water) Staff 7:00AM-7:50AM (Water) Staff 8:00AM-8:50AM (Water) Staff 10:00AM-10:50AM (Water) Staff 3:00PM-3:50PM (Water) Staff | | 6:00AM-6:50AM (Water) Staff 7:00AM-7:50AM (Water) Staff 8:00AM-8:50AM (Water) Staff 10:00AM-10:50AM (Water) Staff | 6:00AM-6:50AM (Water) Staff 7:00AM-7:50AM (Water) Staff 8:00AM-8:50AM (Water) Staff 10:00AM-10:50AM (Water) Staff | 6:00AM-6:50AM (Water) Staff 7:00AM-7:50AM (Water) Staff 8:00AM-8:50AM (Water) Staff 3:00PM-3:50PM (Water) Staff | 8:00AM-8:50AM (Water) Staff 9:00AM-9:50AM (Water) Staff 10:00AM-10:50AM (Water) Staff | |
| WATER EXERCISE CLASS Pool | 9:00AM-9:50AM (Water) Staff | | | | | | |
| 4 LAP LANES Pool | 4:00PM-4:50PM (Water) Staff 5:00PM-5:50PM (Water) Staff | 9:00AM-9:50AM (Water) Staff 3:00PM-3:50PM (Water) Staff | 3:00PM-3:50PM (Water) Staff 4:00PM-4:50PM (Water) Staff | 9:00AM-9:50AM (Water) Staff 3:00PM-3:50PM (Water) Staff | | 11:00AM-11:50AM (Water) Staff | |



Montecito Family YMCA | May 31st - June 6th

| | 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> | | | | |
| STRETCHING Multipurpose Room | | 10:00AM-11:00AM (Mind & Body) <i>Daniel</i> | | 10:00AM-11:00AM (Mind & Body) <i>Daniel</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> | |



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|--|--|---------|--|----------|--------|----------|--------|
| 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> 6:00PM-7:00PM (Mind & Body) <i>Lori S.</i> | | 12:00PM-1:00PM (Mind & Body) <i>Marta N.</i> | | | | |
| LATIN DANCE Group Exercise Studio | 4:30PM-5:15PM (Dance) <i>Mila S.</i> | | | | | | |
| CYCLE Cycle Studio | | | 8:30AM-9:15AM (Cycle) <i>Chris S.</i> | | | | |
| AQUA FIT Natatorium Sign Up | | | 9:00AM-9:50AM (Water) <i>Tasha M.</i> | | | | |



Lompoc Family YMCA | May 31st - June 6th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---------|---|---|--------|----------|--------|
| FIT FOR LIFE Group Exercise Studio | 11:00AM-11:45AM (Active Older Adults) <i>Kathy P.</i> | | | | | | |
| ZUMBA® Multipurpose Room | | | 5:45PM-6:30PM (Dance) <i>Nancy C.</i> | 6:15PM-7:00PM (Dance) <i>Claudia C.</i> | | | |



Ventura Family YMCA | May 31st - June 6th

| | 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>Amber F.</i> | | 9:15AM-10:00AM (Specialty) <i>Marci H.</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> | | |



Camarillo Family YMCA | May 31st - June 6th

| | 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> | | | | |
| ZUMBA® Gym | | | 5:30PM-6:15PM (Dance) <i>Chris P.</i> | | | | |



Santa Barbara Family YMCA - Pool | May 31st - June 6th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------|--------|--|--|--|--|----------|--------|
| 6 LAP LANES Pool | | 8:00AM-8:45AM (General) <i>Staff</i> | 8:00AM-8:45AM (General) <i>Staff</i> | 8:00AM-8:45AM (General) <i>Staff</i> | 8:00AM-8:45AM (General) <i>Staff</i> | | |
| LAP LANES Pool | | 4:00PM-4:45PM (General) <i>Staff</i> | | 4:00PM-8:45PM (General) <i>Staff</i> | | | |