



## Stuart C. Gildred Family YMCA - Pool | August 9th - August 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LAP SWIM SHARED LANE</b> Pool	6:00AM-6:50AM (Water) <i>Staff</i>  7:00AM-7:50AM (Water) <i>Staff</i>  8:00AM-8:50AM (Water) <i>Staff</i>		6:00AM-6:50AM (Water) <i>Staff</i>  7:00AM-7:50AM (Water) <i>Staff</i>  8:00AM-8:50AM (Water) <i>Staff</i>	6:00AM-6:50AM (Water) <i>Staff</i>  7:00AM-7:50AM (Water) <i>Staff</i>  8:00AM-8:50AM (Water) <i>Staff</i>  10:00AM-10:50AM (Water) <i>Staff</i>	6:00AM-6:50AM (Water) <i>Staff</i>  7:00AM-7:50AM (Water) <i>Staff</i>  8:00AM-8:50AM (Water) <i>Staff</i>  3:00PM-3:50PM (Water) <i>Staff</i>	8:00AM-8:50AM (Water) <i>Staff</i>  9:00AM-9:50AM (Water) <i>Staff</i>  10:00AM-10:50AM (Water) <i>Staff</i>	
<b>WATER EXERCISE CLASS</b> Pool	9:00AM-9:50AM (Water) <i>Staff</i>				9:00AM-9:50AM (Water) <i>Marta N.</i>		
<b>4 LAP LANES</b> Pool	10:00AM-10:50AM (Water) <i>Staff</i>  3:00PM-3:50PM (Water) <i>Staff</i>  4:00PM-4:50PM (Water) <i>Staff</i>  5:00PM-5:50PM (Water) <i>Staff</i>	9:00AM-9:50AM (Water) <i>Staff</i>  3:00PM-3:50PM (Water) <i>Staff</i>	10:00AM-10:50AM (Water) <i>Staff</i>  3:00PM-3:50PM (Water) <i>Staff</i>  4:00PM-4:50PM (Water) <i>Staff</i>	9:00AM-9:50AM (Water) <i>Staff</i>  3:00PM-3:50PM (Water) <i>Staff</i>		11:00AM-11:50AM (Water) <i>Staff</i>	
<b>OPEN SWIM</b> Pool					4:00PM-4:50PM (Water) <i>Staff</i>	11:00AM-11:50AM (Water) <i>Staff</i>	



# Santa Barbara Family YMCA - Pool | August 9th - August 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>STEAM ROOM / SAUNA</b> Pool	6:00AM-8:30PM (General) Staff	6:00AM-8:30PM (General) Staff		6:00AM-8:30PM (General) Staff			
<b>OPEN SWIM</b> Pool	6:30PM-8:45PM (General) Staff						
<b>LAP LANES</b> Pool		8:00AM-8:45AM (General) Staff	8:00AM-8:45AM (General) Staff	8:00AM-8:45AM (General) Staff  4:00PM-8:45PM (General) Staff	8:00AM-8:45AM (General) Staff		



# Montecito Family YMCA | August 9th - August 15th

	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>	



Lompoc Family YMCA | August 9th - August 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>TAI CHI</b> Multipurpose Room	10:00AM-11:00AM (Mind & Body) <i>Yuka F.</i>						
<b>FIT FOR LIFE</b> Group Exercise Studio	11:00AM-11:45AM (Active Older Adults) <i>Kathy P.</i>						
<b>ZUMBA®</b> Multipurpose Room			5:45PM-6:30PM (Dance) <i>Nancy C.</i>	6:15PM-7:00PM (Dance) <i>Claudia C.</i>			



**Stuart C. Gildred Family YMCA | August 9th - August 15th**

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



## Ventura Family YMCA | August 9th - August 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AOA FITNESS</b> Studio 1 <a href="#">Sign Up</a>	11:15AM-12:00PM (Active Older Adults) Debbie A.						
<b>CYCLE</b> Studio 1 <a href="#">Sign Up</a>	5:15PM-6:00PM (Cycle) Heidi D.		5:45AM-6:30AM (Cycle) Amber F.  5:15PM-6:00PM (Cycle) Debbie A.				
<b>PILATES</b> Studio 1 <a href="#">Sign Up</a>		9:15AM-10:00AM (Specialty) Marci H.		9:15AM-10:00AM (Specialty) Amber F.			
<b>FOLK DANCE</b> Studio 1 <a href="#">Sign Up</a>		1:30PM-3:00PM (Dance) Randy B.		1:30PM-3:00PM (Dance) Randy B.			
<b>BODY SCULPT</b> Outdoor <a href="#">Sign Up</a>		5:15PM-6:00PM (Strength) Nicole B.	5:15PM-6:00PM (Strength) Adam Z.	5:15PM-6:00PM (Strength) Adam Z.			
<b>YOGA</b> Studio 2 <a href="#">Sign Up</a>			8:15AM-9:15AM (Mind & Body) Maria C.  6:15PM-7:15PM (Mind & Body) Debbie A.		8:15AM-9:15AM (Mind & Body) Debbie A.		
<b>SILVERSNEAKERS YOGA®</b> Studio 1 <a href="#">Sign Up</a>			11:15AM-12:15PM (Active Older Adults) Maria C.				
<b>CHAIR YOGA</b> Studio 1 <a href="#">Sign Up</a>				11:15AM-12:00PM (Active Older Adults) Lauren P.			
<b>HIIT</b> Outdoor <a href="#">Sign Up</a>					9:15AM-10:00AM (Cardio/Interval) Nicole B.		
<b>ZUMBA GOLD®</b> Studio 1 <a href="#">Sign Up</a>					10:15AM-11:00AM (Dance) Louise B.		



**Camarillo Family YMCA | August 9th - August 15th**

	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>LES MILLS CORE™</b> Studio		6:35PM-7:05PM (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>				



Santa Barbara Family YMCA - Gymnasium | August 9th - August 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ALL COURTS OPEN Gymnasium					5:30AM-10:30AM (General) Staff		