



Stuart C. Gildred Family YMCA - Pool | August 23rd - August 29th

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



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STEAM ROOM / SAUNA Pool	6:00AM-8:30PM (General) Staff	6:00AM-8:30PM (General) Staff	6:00AM-8:30PM (General) Staff	6:00AM-8:30PM (General) Staff	6:00AM-8:30PM (General) Staff		
6 LAP LANES Pool	7:00AM-7:45AM (General) Staff	7:00AM-7:45AM (General) Staff 8:00AM-8:45AM (General) Staff	7:00AM-7:45AM (General) Staff 8:00AM-8:45AM (General) Staff	7:00AM-7:45AM (General) Staff 8:00AM-8:45AM (General) Staff	7:00AM-7:45AM (General) Staff 8:00AM-8:45AM (General) Staff		
OPEN SWIM Pool	6:30PM-8:45PM (General) Staff						
LAP LANES Pool		4:00PM-4:45PM (General) Staff		4:00PM-8:45PM (General) Staff			



Montecito Family YMCA | August 23rd - August 29th

	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>	



Lompoc Family YMCA | August 23rd - August 29th

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



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AOA FITNESS 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>		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>				



Ventura Family YMCA | August 23rd - August 29th

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



Camarillo Family YMCA | August 23rd - August 29th

	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>					
LES MILLS CORE™ Studio		6:35PM-7:05PM (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 - Gymnasium | August 23rd - August 29th

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