



Ventura Family YMCA - Outdoor Court | July 18th - July 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>COURTS CLOSED</b> Sports Court	5:30AM-7:00AM (General) <i>Staff</i>	5:30AM-7:00AM (General) <i>Staff</i>	5:30AM-7:00AM (General) <i>Staff</i>	5:30AM-7:00AM (General) <i>Staff</i>	5:30AM-7:00AM (General) <i>Staff</i>		



# Stuart C. Gildred Family YMCA - Pool | July 18th - July 24th

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



## Santa Barbara Family YMCA - Pool | July 18th - July 24th

	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	6:00AM-8:30PM (General) Staff	6:00AM-8:30PM (General) Staff		
<b>6 LAP LANES</b> Pool	6:00AM-6:45AM (General) Staff  7:00AM-7:45AM (General) Staff	6:00AM-6:45AM (General) Staff  7:00AM-7:45AM (General) Staff  8:00AM-8:45AM (General) Staff	6:00AM-6:45AM (General) Staff  7:00AM-7:45AM (General) Staff  8:00AM-8:45AM (General) Staff	6:00AM-6:45AM (General) Staff  7:00AM-7:45AM (General) Staff  8:00AM-8:45AM (General) Staff	6:00AM-6:45AM (General) Staff  7:00AM-7:45AM (General) Staff  8:00AM-8:45AM (General) Staff		
<b>OPEN SWIM</b> Pool	10:00AM-3:15PM (General) Staff  6:30PM-8:45PM (General) Staff	11:00AM-3:15PM (General) Staff  6:30PM-8:45PM (General) Staff	10:00AM-3:15PM (General) Staff	11:00AM-3:15PM (General) Staff  6:30PM-8:45PM (General) Staff	10:00AM-8:45PM (General) Staff		
<b>LAP LANES</b> Pool	6:00PM-8:45PM (General) Staff	4:00PM-4:45PM (General) Staff	6:00PM-8:45PM (General) Staff	4:00PM-8:45PM (General) Staff	4:00PM-8:45PM (General) Staff		



## Montecito Family YMCA - Pool | July 18th - July 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5 LAP LANES</b> Pool	6:00AM-7:50AM (Water) Staff  8:00AM-9:50AM (Water) Staff	6:00AM-7:50AM (Water) Staff  8:00AM-9:50AM (Water) Staff	6:00AM-7:50AM (Water) Staff  8:00AM-9:50AM (Water) Staff	6:00AM-7:50AM (Water) Staff  8:00AM-9:50AM (Water) Staff	6:00AM-7:50AM (Water) Staff  8:00AM-9:50AM (Water) Staff		
<b>AQUA FIT</b> Pool	10:00AM-11:00AM (Water) Staff		10:00AM-10:50AM (Water) Staff			10:00AM-10:50AM (Water) Staff	
<b>4 LAP LANES</b> Pool	12:00PM-1:50PM (Water) Staff  6:00PM-7:45PM (Water) Staff	6:00PM-7:45PM (Water) Staff	6:00PM-7:45PM (Water) Staff	12:00PM-1:50PM (Water) Staff  6:00PM-7:45PM (Water) Staff	12:00PM-1:50PM (Water) Staff  2:00PM-3:00PM (Water) Staff  6:00PM-7:45PM (Water) Staff		
<b>3 LAP LANES</b> Pool	2:00PM-3:00PM (Water) Staff			2:00PM-3:00PM (Water) Staff			



Santa Barbara Family YMCA | July 18th - July 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP™</b> Studio 1	6:15AM-7:10AM (Strength) <i>Angel P.</i>		6:15AM-7:10AM (Strength) <i>Jenna C.</i>				
<b>AOA FITNESS</b> Studio 1					1:30PM-2:25PM (Active Older Adults) <i>Debbie M.</i>		



## Ventura Family YMCA | July 18th - July 24th

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





## Montecito Family YMCA | July 18th - July 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>YOGA</b> Multipurpose Room	8:15AM-9:15AM (Mind & Body) <i>Katie C.</i>				8:15AM-9:15AM (Mind & Body) <i>Katie C.</i>		
<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>STRETCHING</b> Multipurpose Room				10:00AM-11:00AM (Mind & Body) <i>Daniel</i>			
<b>ZUMBA®</b> Multipurpose Room						9:45AM-10:30AM (Dance) <i>John P.</i>	





## Stuart C. Gildred Family YMCA | July 18th - July 24th

	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>		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>  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>HIIT</b> Group Exercise Studio		9:15AM-10:00AM (Cardio/Interval) <i>Rachael D.</i>		9:15AM-10:00AM (Cardio/Interval) <i>Rachael D.</i>			
<b>FIT FOR LIFE</b> Gymnasium		10:45AM-11:30AM (Active Older Adults) <i>Penny C.</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>				
<b>FIT FOR LIFE</b> Group Exercise Studio				10:45AM-11:30AM (Active Older Adults) <i>Penny C.</i>			
<b>CORE FUSION</b> Group Exercise Studio						9:30AM-10:15AM (Strength) <i>Lena B.</i>	



Lompoc Family YMCA | July 18th - July 24th

	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>						
<b>CYCLE</b> Multipurpose Room	5:30PM-6:30PM (Cycle) <i>Keith E.</i>						
<b>ZUMBA®</b> Multipurpose Room			5:45PM-6:30PM (Dance) <i>Claudia C.</i>	6:15PM-7:00PM (Dance) <i>Claudia C.</i>			
<b>FIT FOR LIFE</b> Multipurpose Room					11:00AM-11:45AM (Active Older Adults) <i>Kathy P.</i>		



## Camarillo Family YMCA | July 18th - July 24th

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



Santa Barbara Family YMCA - Gymnasium | July 18th - July 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>PICKUP VOLLEYBALL</b> Gymnasium		6:00PM-9:00PM (General) <i>Staff</i>		6:30PM-9:00PM (General) <i>Staff</i>			
<b>ALL COURTS OPEN</b> Gymnasium					5:30AM-10:30AM (General) <i>Staff</i>		