



Stuart C. Gildred Family YMCA - Pool | November 14th - November 20th

	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 2:00PM-2:50PM (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	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 2:00PM-2:50PM (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) Elia G.		9:00AM-9:50AM (Water) Tasha M.		9:00AM-9:50AM (Water) Marta N.		
3 LAP LANES Pool	3:00PM-3:50PM (Water) Staff 4:00PM-4:50PM (Water) Staff 5:00PM-5:50PM (Water) Staff	3:00PM-3:50PM (Water) Staff	3:00PM-3:50PM (Water) Staff 4:00PM-4:50PM (Water) Staff	3:00PM-3:50PM (Water) Staff			
SWIM LESSONS Pool	3:00PM-6:50PM (Water) Staff						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 LAP LANES Pool		9:00AM-9:50AM (Water) <i>Staff</i> 2:00PM-2:50PM (Water) <i>Staff</i> 6:00PM-6:50PM (Water) <i>Staff</i>		9:00AM-9:50AM (Water) <i>Staff</i> 2:00PM-2:50PM (Water) <i>Staff</i> 6:00PM-7:00PM (Water) <i>Staff</i>	3:00PM-3:50PM (Water) <i>Staff</i>	11:00AM-11:50AM (Water) <i>Staff</i>	
2 LAP LANES Pool			10:00AM-10:50AM (Water) <i>Staff</i>				
OPEN SWIM Pool						11:00AM-11:50AM (Water) <i>Staff</i>	



Montecito Family YMCA - Pool | November 14th - November 20th

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



Santa Barbara Family YMCA | November 14th - November 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP™ Studio 1	6:15AM-7:10AM (Strength) <i>Angel P.</i>		6:15AM-7:10AM (Strength) <i>Jenna C.</i>				
AOA FITNESS Studio 1	1:30PM-2:25PM (Active Older Adults) <i>Debbie M.</i>		1:30PM-2:25PM (Active Older Adults) <i>Debbie M.</i>		1:30PM-2:25PM (Active Older Adults) <i>Debbie M.</i>		
SILVERSNEAKERS® Studio 1	2:30PM-3:25PM (Active Older Adults) <i>Debbie M.</i>		2:30PM-3:25PM (Active Older Adults) <i>Debbie M.</i>				
ZUMBA® Studio 1	5:30PM-6:25PM (Dance) <i>Mayte Q.</i>	8:30AM-9:15AM (Dance) <i>Alison C.</i>	5:30PM-6:25PM (Dance) <i>Mayte Q.</i>	12:00PM-12:45PM (Dance) <i>Alison C.</i>	5:30PM-6:25PM (Dance) <i>Edith A.</i>		
RESTORATIVE YOGA Studio 2		8:30AM-9:25AM (Mind & Body) <i>Jean J.</i>		8:30AM-9:25AM (Mind & Body) <i>Jean J.</i>			
STRENGTH TRAINING Studio 1		10:30AM-11:25AM (Strength) <i>Kristine O.</i>		10:30AM-11:25AM (Strength) <i>Kristine O.</i>			
DANCE FITNESS Studio 1		12:00PM-12:45PM (Dance) <i>Kymerly W.</i>		8:30AM-9:15AM (Dance) <i>Kymerly W.</i>			
PILATES Studio 1			10:30AM-11:25AM (Mind & Body) <i>Kristine O.</i>				
BALANCE Studio 1				9:30AM-10:15AM (Active Older Adults) <i>Kymerly W.</i>			



Stuart C. Gildred Family YMCA | November 14th - November 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CORE FUSION Group Exercise Studio	8:30AM-9:30AM (Cardio/Interval) <i>Lena B.</i>		8:30AM-9:30AM (Cardio/Interval) <i>Lena B.</i>			9:30AM-10:25AM (Strength) <i>Lena B.</i>	
AQUA FIT Natatorium	9:00AM-9:50AM (Water) <i>Staff</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> 6:00PM-7:00PM (Mind & Body) <i>Lori S.</i>		12:00PM-1:00PM (Mind & Body) <i>Marta N.</i>		
HIIT Group Exercise Studio		9:15AM-10:00AM (Cardio/Interval) <i>Rachael D.</i>		9:15AM-10:00AM (Cardio/Interval) <i>Rachael D.</i>			
FIT FOR LIFE Gymnasium		10:45AM-11:30AM (Active Older Adults) <i>Penny C.</i>		10:45AM-11:30AM (Active Older Adults) <i>Penny C.</i>			
CYCLE Cycle Studio			8:30AM-9:15AM (Cycle) <i>Chris S.</i>				



Lompoc Family YMCA | November 14th - November 20th

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



Santa Barbara Family YMCA - Gymnasium | November 14th - November 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PICKUP VOLLEYBALL Gymnasium		6:00PM-9:00PM (General) <i>Staff</i>		6:00PM-9:00PM (General) <i>Staff</i>			
ALL COURTS OPEN Gymnasium					5:30AM-10:30AM (General) <i>Staff</i>		
PICK-UP BASKETBALL Gymnasium					10:30AM-3:00PM (General) <i>Staff</i>		



Camarillo Family YMCA - Pool | November 14th - November 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
POOL CLOSED Pool							1:01AM-1:01AM (Water) Staff