



Ventura Family YMCA - Outdoor Court | November 21st - November 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
COURTS CLOSED 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>		



Ventura Family YMCA | November 21st - November 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CYCLE Studio 1 Sign Up	5:45AM-6:30AM (Cycle) <i>Jessica C.</i> 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>	
YOGA Studio 2 Sign Up	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>		
AOA FITNESS Studio 1 Sign Up	11:15AM-12:00PM (Active Older Adults) <i>Debbie A.</i>						
YOGA II Studio 2 Sign Up	5:15PM-6:15PM (Mind & Body) <i>Dina G.</i>						
PILATES Studio 1 Sign Up		9:15AM-10:00AM (Specialty) <i>Marci H.</i>		9:15AM-10:00AM (Specialty) <i>Amber F.</i>			
SILVERSNEAKERS® Studio 1 Sign Up		11:15AM-12:00PM (Active Older Adults) <i>Lauren P.</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>			
BODY SCULPT Outdoor Sign Up		5:15PM-6:00PM (Strength) <i>Nicole B.</i>	5:15PM-6:00PM (Strength) <i>Adam Z.</i>	5:15PM-6:00PM (Strength) <i>Adam Z.</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>			
HIIT Outdoor Sign Up					9:15AM-10:00AM (Cardio/Interval) <i>Nicole B.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ZUMBA GOLD® Studio 1 Sign Up					10:15AM-11:00AM (Dance) <i>Louise B.</i>		



Stuart C. Gildred Family YMCA - Pool | November 21st - November 27th

	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 2:00PM-2:50PM (Water) Staff	11:00AM-11:50AM (Water) Staff 2:00PM-2:50PM (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 2:00PM-2:50PM (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) Staff		9:00AM-9:50AM (Water) Tasha M.		9:00AM-9:50AM (Water) Marta N.		
4 LAP LANES Pool	10:00AM-10:50AM (Water) Staff 3:00PM-3:50PM (Water) Staff 4:00PM-4:50PM (Water) Staff 5:00PM-5:50PM (Water) Staff	9:00AM-9:50AM (Water) Staff 3:00PM-3:50PM (Water) Staff 6:00PM-6:50PM (Water) Staff	10:00AM-10:50AM (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 6:00PM-7:00PM (Water) Staff	3:00PM-3:50PM (Water) Staff	11:00AM-11:50AM (Water) Staff	
SWIM LESSONS Pool	3:00PM-6:50PM (Water) Staff						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN SWIM Pool					4:00PM-4:50PM (Water) Staff	11:00AM-11:50AM (Water) Staff	



Santa Barbara Family YMCA - Pool | November 21st - November 27th

	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		
LAP LANES Pool	6:00AM-8:00AM (General) Staff 5:00PM-8:45PM (General) Staff	6:00AM-8:00AM (General) Staff 8:00AM-8:45AM (General) Staff	6:00AM-8:00AM (General) Staff 8:00AM-8:45AM (General) Staff	6:00AM-8:00AM (General) Staff 8:00AM-8:45AM (General) Staff 5:00PM-8:45PM (General) Staff	6:00AM-8:00AM (General) Staff 8:00AM-8:45AM (General) Staff 4:00PM-8:45PM (General) Staff		
OPEN SWIM 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 6:30PM-8:45PM (General) Staff	11:00AM-3:15PM (General) Staff 6:30PM-8:45PM (General) Staff	10:00AM-8:45PM (General) Staff		
WATER EXERCISE CLASS Pool		9:00AM-9:45AM (General) Staff		9:00AM-9:45AM (General) Staff	9:00AM-9:45AM (General) Staff	9:00AM-9:45AM (General) Staff	
1 LAP LANE Pool			6:00PM-7:00PM (General) Staff				



Montecito Family YMCA - Pool | November 21st - November 27th

	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 10:00AM-10:50AM (Water) Staff	6:00AM-7:50AM (Water) Staff 8:00AM-9:50AM (Water) Staff 11:00AM-11:50AM (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	2:00PM-3:00PM (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 6:00PM-7:45PM (Water) Staff	4:00PM-5:45PM (Water) Staff	
3 LAP LANES Pool				2:00PM-3:00PM (Water) Staff			
2 LAP LANES Pool						11:00AM-12:50PM (Water) Staff	



Santa Barbara Family YMCA | November 21st - November 27th

	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>Kymberly W.</i>		8:30AM-9:15AM (Dance) <i>Kymberly 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>Kymberly W.</i>			



Ventura Family YMCA - Childwatch | November 21st - November 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CHILD WATCH Children's Corner Sign Up	8:00AM-9:00AM (General) Staff 4:00PM-5:00PM (General) Staff 5:00PM-6:00PM (General) Staff 6:00PM-7:00PM (General) Staff	8:00AM-9:00AM (General) Staff 4:00PM-5:00PM (General) Staff 5:00PM-6:00PM (General) Staff 6:00PM-7:00PM (General) Staff	8:00AM-9:00AM (General) Staff 4:00PM-5:00PM (General) Staff 5:00PM-6:00PM (General) Staff 6:00PM-7:00PM (General) Staff	8:00AM-9:00AM (General) Staff 4:00PM-5:00PM (General) Staff 5:00PM-6:00PM (General) Staff 6:00PM-7:00PM (General) Staff	8:00AM-9:00AM (General) Staff	8:00AM-9:00AM (General) Staff 9:00AM-10:00AM (General) Staff	
ADVENTURE ZONE Adventure Zone Sign Up	5:00PM-6:00PM (General) Staff 6:00PM-7:00PM (General) Staff	5:00PM-6:00PM (General) Staff 6:00PM-7:00PM (General) Staff	5:00PM-6:00PM (General) Staff 6:00PM-7:00PM (General) Staff	5:00PM-6:00PM (General) Staff 6:00PM-7:00PM (General) Staff		8:00AM-9:00AM (General) Staff 9:00AM-10:00AM (General) Staff	



Montecito Family YMCA | November 21st - November 27th

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



Stuart C. Gildred Family YMCA | November 21st - November 27th

	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-10:15AM (Strength) <i>Lena B.</i>	
AQUA FIT Natatorium Sign Up	9:00AM-9:50AM (Water) <i>Staff</i>		9:00AM-9:50AM (Water) <i>Tasha M.</i>				
AOA FITNESS Group Exercise Studio	10:45AM-11:30AM (Active Older Adults) <i>Amanda D.</i>		10:45AM-11:30AM (Active Older Adults) <i>Amanda D.</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> 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>						
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 21st - November 27th

	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>		



Camarillo Family YMCA | November 21st - November 27th

	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>			
STRENGTH & FLOW Studio	6:30PM-7:15PM (Specialty) <i>Shannon J.</i>						
BODYPUMP™ Studio		5:30PM-6:30PM (Strength) <i>Cathy G.</i>					
CORE FUSION 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>				



Santa Barbara Family YMCA - Gymnasium | November 21st - November 27th

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