



## Santa Barbara Family YMCA | February 13th - February 19th

	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>		1:30PM-2:25PM (Active Older Adults) <i>Debbie M.</i>		1:30PM-2:25PM (Active Older Adults) <i>Debbie M.</i>		
<b>SILVERSNEAKERS®</b> Studio 1	2:30PM-3:25PM (Active Older Adults) <i>Debbie M.</i>		2:30PM-3:25PM (Active Older Adults) <i>Debbie M.</i>				
<b>ZUMBA®</b> 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>		
<b>RESTORATIVE YOGA</b> Studio 2		8:30AM-9:25AM (Mind & Body) <i>Jean J.</i>		8:30AM-9:25AM (Mind & Body) <i>Jean J.</i>			
<b>BALANCE</b> Studio 1		9:30AM-10:15AM (Active Older Adults) <i>Minda K.</i>		9:30AM-10:15AM (Active Older Adults) <i>Kymerly W.</i>			
<b>STRENGTH TRAINING</b> Studio 1		10:30AM-11:25AM (Strength) <i>Kristine O.</i>		10:30AM-11:25AM (Strength) <i>Kristine O.</i>			
<b>DANCE FITNESS</b> Studio 1		12:00PM-12:45PM (Dance) <i>Kymerly W.</i>		8:30AM-9:15AM (Dance) <i>Kymerly W.</i>			
<b>PILATES</b> Studio 1		4:30PM-5:25PM (Mind & Body) <i>Minda K.</i>	10:30AM-11:25AM (Mind & Body) <i>Kristine O.</i>		10:30AM-11:25AM (Mind & Body) <i>Kristine O.</i>		