

Conejo Valley YMCA Group Exercise Schedule Summer 2010

Land Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Yoga 8:20-9:20 am Activity Center	Pilates 8:30-9:30 am Studio NO CLASS 7/28	Yoga 8:20-9:20 am Activity Center	Zumba 9:30-10:30 am Studio	Yoga 8:00-9:00 am Activity Center
Tai Chi 12:00-1:00 pm Studio	Pilates 9:30-10:30 am Studio	Strength 'n' Stretch 9:30-10:30 am Studio NO CLASS 7/28	Pilates 9:30-10:30 am Studio		Pilates 9:00-10:00 am Studio
Karate-Do Shotokai Family (ages 8 & up) 5:00-6:00 pm Studio NO CLASS 8/2, 8/9, 8/16	Zumba 10:30-11:30 am Studio				Karate-Do Shotokai Family (ages 8 & up) 10:00-11:00 am Studio NO CLASS 8/7, 8/14
	Teen Fitness 5:30-6:30 pm Fitness Center	Zumba 6:00-7:00 pm Studio	Teen Fitness 5:30-6:30 pm Fitness Center		Teen Fitness 11:00 am-12:00 pm Fitness Center
Pilates 7:00-8:00 pm Studio	Adult Ballet 7:00-8:00 pm Studio	Karate-Do Shotokai Adult 7:00-8:30 pm Studio NO CLASS 8/4, 8/11			

Child Watch Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30-11:30 am	8:30-11:00 am	8:30-11:00 am	8:30-11:00 am	
4:30-7:30 pm		4:30-7:30 pm			

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Water Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Deep Water Aerobics 8:00-9:00 am	Deep Water Aerobics 8:00-9:00 am	Deep Water Aerobics 8:00-9:00 am	Deep Water Aerobics 8:00-9:00 am	Deep Water Aerobics 8:00-9:00 am	Aquacise 8:30-9:30 am
Aquacise 9:00-10:00 am	Aquacise 9:00-10:00 am	Aquacise 9:00-10:00 am		Aquacise 9:00-10:00 am	Twinges in the Hinges 10:00-11:00 am
Twinges Plus 9:00-10:00 am	Twinges in the Hinges 9:00-10:00 am	Twinges Plus 9:00-10:00 am	Twinges in the Hinges 9:00-10:00 am	Twinges Plus 9:00-10:00 am	
Senior Water Exercise 11:00-12:00 pm	Twinges in the Hinges 11:00-12:00 pm	Senior Water Exercise 11:00-12:00 pm	Twinges in the Hinges 11:00-12:00 pm		
	Twinges Plus 6:00-7:00 pm				
Aquacise 7:00-8:00 pm	Deep Water Aerobics 7:00-8:00 pm	Aquacise 7:00-8:00 pm	Deep Water Aerobics 7:00-8:00 pm		

Fitness Coach Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-12:00 pm	8:00-10:00 am	8:00-12:00 pm	8:00-10:00 am	8:00-9:00 am	12:00- 2:00 pm
4:30-6:30 pm	4:00-5:30 pm	4:30-6:30 pm	4:00-5:30 pm	10:00 am- 12:00 pm	