

## The YMCA of West San Gabriel Valley Fitness Class Schedule

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>FITNESS ROOM</b>							
9:00am-9:50am	MUSCLE CONDITIONING (LYDIA)	YOGA (LYDIA)	Zumba ( Lisa )	INTERMEDIATE YOGA (LYDIA)	CARDIO WORKOUT (LYDIA)	8:00AM-8:50AM ZUMBA (GRACE)	
10:00am-10:50am	GENTLE YOGA (EIJ)	SENIOR LOW IMPACT (NATALIE)	GENTLE YOGA (EIJ)	SENIOR LOW IMPACT (LYDIA)	TAI CHI (EIJ)	9:00AM-9:50AM YOGA (SHEILA)	
11:00am-11:50am	SENIOR FITNESS (NATALIE)	LINE DANCING (NATALIE)	SENIOR FITNESS (NATALIE)	TAI CHI (EIJ)	Line Dancing (Natalie)	10:00AM-10:50AM Kids Yoga (NATALIE)	
12:00pm-12:50pm							
1:00pm-1:50	SILVER SNEAKERS YOGA STRETCH (NATALIE)	SILVER SNEAKERS MUSCLE CONDITIONING (NATALIE)	SILVER SNEAKERS YOGA STRETCH (NATALIE)	SILVER SNEAKERS MUSCLE CONDITIONING (LYDIA)	SILVER SNEAKERS MUSCLE CONDITIONING (NATALIE)		
4:00pm-4:50pm	Ballet 3-6 yr olds (Gina)		Ballet 3-6 yr olds (Gina)	FAMILY/KIDS TAE KWON DO (ALLEN WONG)		2:00PM-4:00PM TAE KWAN DO (ALLEN)	
5:00pm-5:50pm	Ballet 6-10 yr olds (Gina)		Jazz 6-15 yr olds (Gina)	FAMILY/KIDS TAE KWON DO (ALLEN WONG)	LATIN GROOVE (TAYANA)		
6:00pm-6:50pm	ZUMBA (GRACE)	<i>Starting at 5:30</i> MUSCLE CONDITIONING (TAYANA)	ZUMBA (YI LING)	MUSCLE CONDITIONING (TAYANA)			
7:00pm-7:50pm		Latin Groove (Tayana)		Latin Groove (Tayana)			
<b>AQUA FITNESS</b>							
8:30am-9:30am		WATERCISE					
8:40am-9:30am	WATERCISE (MELISSA)		WATERCISE (MELISSA)	WATERCISE (MELISSA)			
9:30-10:30 am	ARTHRITIS (MELISSA)		ARTHRITIS (MELISSA)	ARTHRITIS (MELISSA)			
7:00pm-8:00pm							UPDATED 12/07/16

# AQUATICS

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CHILDRENS SWIM LESSONS		4:30pm-7pm		4:30pm-7pm		9:30am-1pm	9:30am-1pm
ADULT LESSONS		6:30PM		6:30PM			12:30PM
ADULT LAP SWIM (*2 LANES OPEN DURING ARTHRITIS AND WATERCISE)	5:30am-8:30pm	5:30am-4:30pm  7:00pm-8:30pm	5:30am-8:30pm	5:30am-4:30pm  7:00pm-8:30pm	5:30am-8:30pm	7-9:30am	7-9:30am
FAMILY SWIM	1030am-8:30pm	9:30am-4:30pm  7:00pm-8:30pm	10:30am-8:30pm	3:00pm-4:30pm  7:00pm-8:30pm	9:30am-8:30pm	1:00pm-4:15pm	1:00pm pm-4:15pm
ARTHRITIS	9:30am-10:30am		9:30am-10:30am	9:30am-10:30a			
WATERCISE	8:40am-9:30am	8:30am-9:30am	8:40am-9:30am	8:40am-9:30am	8:40am-9:30am		
FAMILY AQUACIZE							

### ADULT RECREATIONAL SWIM (LAP SWIMMING)

Adult recreational swim is open to members over the age 15 years. Anyone under the age of 15 must be accompanied by an adult. Three (3) lap lanes are open\*. No lap swimming is allowed in the recreational swim area.

### FAMILY SWIM

Family swim is open to both children and adults who want to swim laps or play in our open recreation area. Children under the age of 7 or less than 48 inches' height must be accompanied by an adult at all times. Lap lanes may be open\*, depending on the time of day. \*No lap swimming in the recreation area.

### CHILDREN & ADULT SWIM LESSONS

Our swim classes are available Tuesday and Thursday, and Saturday and Sunday for members of any age and level.

### ARTHRITIS FOUNDATION AQUATIC PROGRAM

Co-sponsored by your YMCA and the Southern California Chapter of the National Arthritis Foundation, participants are led by the trained instructors through specially-designed exercises, which will help improve joint flexibility and muscle strength while relieving pain. Classes are ongoing; come by anytime! **Two lap lanes available at this time**

### WATERCISE

We have ongoing classes, which are held in the shallow water of our indoor pool. These fun and invigorating workouts are designed to use the resistance of the water, augmented by water weights, to tone and firm muscles while giving your body support for stretching and increasing flexibility. **Two lap lanes available at this time**

### AQUACIZE

These classes are ongoing. Come by and improve your endurance by using the resistance of water and weights. This is a low impact class designed to improve muscle strength and flexibility. **Three lap lane available at this time**

**ALL SWIMMING LANES ARE OPEN DURING RECREATIONAL SWIM EXCEPT DURING ARTHRITIS AND WATERCISE (ONLY 2 LANES AVAILABLE)**

**\*POOL AND LOCKER ROOM HOURS ARE SUBJECT TO CHANGE DURING SUMMER DAY CAMP\***

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