



The Y OF WSGV
 Monday- Friday 5:30am-9pm
 Saturday/Sunday 7:00am-5pm

401 EAST CORTO STREET
 ALHAMBRA, CA 91801
 www.wsgvymca.org
 (626)576-0226

The YMCA of West San Gabriel Valley Fitness Class Schedule

| TIME | MON | TUE | WED | THUR | FRI | SAT | SUN |
|---------------------|--|--|--|---|---|---|-----|
| FITNESS ROOM | | | | | | | |
| 9:00am-9:50am | | YOGA (NATALIE) | | INTERMEDIATE YOGA (NATALIE) | CARDIO WORKOUT (NATALIE) | 8:00AM-8:50AM ZUMBA (LILIAN) | |
| 10:00am-10:50am | GENTLE YOGA (EIJ) | SENIOR LOW IMPACT (NATALIE) | GENTLE YOGA (EIJ) | SENIOR LOW IMPACT (NATALIE) | 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) | | |
| 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 (NATALIE) | SILVER SNEAKERS MUSCLE CONDITIONING (NATALIE) | 2:00PM-3:00PM (Beginner) TAE KWAN DO (ALLEN) | |
| 3:00pm-3:50pm | | | | | | 3:00PM-4:00PM (Intermediate) TAE KWAN DO (ALLEN) | |
| 4:00pm-4:50pm | | | | | | | |
| 6:00pm-6:50pm | ZUMBA (GRACE) | <i>Starting at 5:30</i> MUSCLE CONDITIONING (TAYANA) | ZUMBA (LISA) | MUSCLE CONDITIONING (TAYANA) | Zumba (LISA) | | |
| 7:00pm-7:50pm | Zumba (LISA) | Latin Groove (TAYANA) | Zumba (YI LING) | Yoga (EIJ) | | | |
| AQUA FITNESS | | | | | | | |
| 8:40am-9:30am | WATERCISE (MELISSA) | | WATERCISE (MELISSA) | WATERCISE (MELISSA) | | | |
| 9:30-10:30 am | ARTHRITIS (MELISSA) | | ARTHRITIS (MELISSA) | ARTHRITIS (MELISSA) | | | |

Updated 9/14/18

AQUATICS

| CLASSES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|----------------|-------------------------------------|----------------|-------------------------------------|----------------|----------------|----------------|
| CHILDRENS SWIM LESSONS | | 4:30PM-6:30PM | | 4:30PM-6:30PM | | 9:30AM-12:00PM | 9:30AM-12:00PM |
| ADULT LESSONS | | 6:00PM | | 6:00PM | | | 11:00AM |
| FAMILY LAP SWIM (*2 LANES OPEN DURING ARTHRITIS AND WATERCISE) | 5:30AM-8:00PM | 5:30AM-4:30PM 6:30PM-8:00PM | 5:30AM-8:00PM | 5:30AM-4:30PM 6:30PM-8:00PM | 5:30AM-8:00PM | 7-9:30AM | 7-9:30AM |
| FAMILY SWIM | 10:30AM-8:00PM | 10:30AM-4:30PM 6:30PM-8:00PM | 10:30AM-8:00PM | 10:30AM-4:30PM 6:30PM-8:00PM | 10:30AM-8:00PM | 12:00PM-4:00PM | 12:00PM-4:00PM |
| ARTHRITIS | 9:30AM-10:30AM | | 9:30AM-10:30AM | 9:30AM-10:30AM | | | |
| WATERCISE | 8:40AM-9:30AM | | 8:40AM-9:30AM | 8:40AM-9:30AM | | | |

FAMILY LAP SWIM

Family lap 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 or 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

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