Salinas Family YMCA

GROUP FITNESS SCHEDULE

HORARIO DE CLASSES EN GRUPO

KID ZONE HOURS: M-F: 8a-11:30a, S: 8a-11a & M-Th: 5-8p **PHONE: (831) 758-3811** **UPDATED/ACTUALIZADO: Feb. 2026**

MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIERCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SABADO
Y OPENS AT 5:00AM					**Y OPENS AT 8 A**
Cycling Ciclismo Jerry 5:30a-6:30a	**Aqua Fit** Maria Luisa 8:00a-9:00a		**Aqua Fit** Maria Luisa 8:00a-9:00a	**Cycling Ciclismo** Jerry 5:30a-6:30a	**Aqua Fit** Belen 8:00a-9:00a
Aqua Group Bonding Convivencia Grupal Acuática 9:00a-10:00a	**Beginner Yoga Yoga Para Principiantes** Sherrie 8a-9a	**Deep Water Challenge Desafio de Aguas Profundas** Sherrie 9:00a-10:00a	**Beginner Yoga Yoga Para Principiantes** Sherrie 8a-9a	**Aqua Group Bonding Convivencia Grupal Acuática** 9:00a-10:00a	**ZUMBA** Gabby 8a-9a
Zumba Gabby 9:15a-10:15a	**Step & Sculpt Paso & Escultura** Elizabeth 9:15a-10:15a	**Zumba** Gabby 9:15a-10:15a	**Strength Training Entrenamiento de Fuerza** Elizabeth 9:15a-10:15a	**Zumba** Gabby 9:15a-10:15a	**Cardio Step Paso De Cardio** Terisa 9:15a-10:15a
Active Older Adults Adultos Mayores Activos Glenn 10:30a-11:30a	**Active Older Adults Adultos Mayores Activos** Elizabeth 10:30a-11:30a	**Active Older Adults Adultos Mayores Activos** Glenn 10:30a-11:30a	**Active Older Adults Adultos Mayores Activos** Elizabeth 10:30a-11:30a	**Active Older Adults Adultos Mayores Activos** Glenn 10:30a-11:30a	
Cycling Ciclismo Glenn 12:15p-1:15p	**Lift Elevar** Teresa 12:15p-1:15p		**Lift Elevar** Teresa 12:15p-1:15p		
		B.Y.O.B Sherrie			
Cardio Pump Impulso De Cardio Teresa 5:30p-6:30p	**Strength Training Entrenamiento de Fuerza** Gabby 5:30p-6:30p	**Cardio Pump Impulso De Cardio** Teresa 5:30p-6:30p	**Strength Training Entrenamiento de Fuerza** Gabby 5:30p-6:30p		**SUNDAY DOMINGO** **Open from 8am-12pm** No group exercise classes
Zumba Sarai 6:35p-7:35p	**Zumba** Claudia 6:35p-7:35p	**Zumba** Sarai 6:35p-7:35p	**Zumba** Claudia 6:35p-7:35p		STRENGTH · FLEXIBILITY · FLEXIBILITY & STRENGTH · CARDIO · CARDIO & STRENGTH · LOW INTENSITY
				Karate ($) Zeno	
Karate ($) Zeno		**Karate ($)** Zeno			
Y CLOSES | CIERRA @ 10PM				**Y CLOSES | CIERRA @ 8PM**	**Y CLOSES | CIERRA @ 3PM**

Fitness Class Descriptions

ON WATER

Aqua Fit: Low impact, total body workout emphasizing cardiovascular fitness and muscle toning with water resistance. Low intensity options given.

Deep Water Challenge: Utilize the water's buoyancy and resistance to increase your cardiovascular fitness and get a full body workout in a
non-impact environment. Improves flexibility, strength, and coordination while moving muscles through a full range of motion.

ON LAND

Cardio Pump: Intervals of cardio for endurance/calorie burn and weight training for strength and tone.

Cycling: A high energy, calorie-burning, heart-strengthening class using joint-friendly indoor cycling bikes.

Active Older Adults: Improve balance, cardiac health, muscle strength and bone density in this senior friendly format a friendly class that is perfect for someone seeking a low impact, full body workout.

Step & Sculpt: A fun, heart pumping class using risers and full body movements to improve your cardiovascular health and overall strength.

Strength Training: Combines traditional strength exercises and functional training moves, utilizing a barbell, weight plates, and your body weight. High-rep training and athletic movements are key components of this results-driven workout.

Yoga for Beginners: Gain flexibility and improve balance with this beginner-friendly yoga class. Also suitable for experienced students looking for a more breath-centered, restorative practice.

Zumba: This is a fun and energetic fitness class that incorporates Latin dance moves and music.