

Santa Monica YMCA Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00-11:00am OA Smooth Moves Chair Exercise Instructor: Albert Zoom			9:30-10:30am Iyengar Yoga Instructor: Marion Cayton Room	9:15-10:15am Cardio Dance Instructor: Nichole Cayton Room
10:00-11:00am OA* Strength & Balance Instructor: Carrie G. Zoom	10:30-11:20am OA Cardio Dance Instructor: Lidia Cayton Room	10:30-11:30am OA Chair Yoga Instructor: Bea Zoom	10:30-11:30am OA Strength & Balance Instructor: Lidia Cayton Room+Zoom	10:00-10:45am OA Chair Yoga Instructor: Allison Zoom	
11:30am-12:30pm Yoga Flow Instructor: Johanna Cayton Room	11:30am-12:20pm OA Pilates Fusion Instructor: Lidia Cayton Room+Zoom	11:30am-12:30pm Iyengar Yoga Instructor: Scott Cayton Room+Zoom	11:30am-12:30pm OA Cardio Dance Instructor: Lidia Cayton Room+Zoom	11:00-11:30am Meditation Instructor: Allison Zoom	
5:30-6:30pm Yoga Instructor: Michelle Cayton Room	12:30-1:15pm Strength & Sculpt Instructor: Johanna Cayton Room	1:30-2:30pm Ukulele Group Zoom	12:30-1:15pm Advanced Core and Stretch Instructor: Johanna Cayton Room+Zoom		
		3:00-4:00pm Virtual Social Time Zoom	3:00-4:00pm Chi Gong 6 Week Class* Instructor: Charlene Zoom (contact Lidia)		
		5:30-6:30pm Bollywood Boom Instructor: Manasi Zoom (will start in person May 12th)			

Facility Hours	Key
M-F 7am-7pm	OA=Older Adult
Sat 9am-5pm	Black = Virtual Class
Sun closed	Red = In-person Class
	Orange = In-person plus livestream
Access all virtual classes through the Virtual Y with your member barcode. https://ymcasm.y.org	
*Chi Gong runs May 6th-June 17th. Email Lidiam@ymcasm.org to sign up	

