



Adult Class Schedule 2022 - August

For more info Contact:

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SANTA MONICA FAMILY YMCA
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Facility hours

M-F : 6am - 8pm
Sat & Sun : 8am - 5pm

Updated 8/1/22	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time	7:15-7:45am	10:00-11:00am	7:00-7:45am	10:30 - 11:30 am	9:30 - 10:45am	8:30-9:00am	No Classes
Class	Mossa Ride 30: Indoor cycling	OA Smooth Moves Chair Exercise	Indoor cycling with Mindy or Mossa Ride 30	OA Strength & Balance	Iyengar Yoga	Mossa Ride 30: Indoor cycling	
Instructor	Mossa TV class	Albert	Mindy or TV class	Lidia	Marion	Mossa TV class	
Location	Cayton Room	Zoom	Cayton Room	Cayton Room + Zoom	Cayton Room	Cayton Room	
Time	10:00-11:00am	10:30-11:20am	9:00 - 10:00pm	11:30 - 12:30	10:00-10:45	9:15-10:15am	
Class	OA strength & Balance	OA Dance Fusion	Yoga fusion	OA Dance Fusion	OA Chair Yoga	Cardio Dance	
Instructor	8/2 & 8/9 with Lidia	Lidia	Maritza	Lidia	Allison F	7/30 with Leonore	
location	Cayton Room + Zoom	Cayton Room	Cayton Room	Cayton Room + Zoom	Zoom	Cayton Room 8/6 with Lidia	
Time	11:30am-12:30pm	11:30am-12:20 pm	10:30 - 11:15am	12:30-1:15pm	11:00-11:50	10:30 - 11:30am	
Class	Yoga Flow	OA Pilates Fusion	OA Chair Yoga	Group Active	Meditation	7/30 Pilates Fusion	
Instructor	Kyoko	Lidia	Bea	Mossa TV class	Allison F.	7/30 with Lidia	
location	Cayton Room	Cayton Room	Zoom	Cayton Room	Zoom	Cayton Room	
Time	12:45-1:30pm	12:45-1:15pm	1:00 - 2:00pm	3:00-4:00 pm	11:00-11:30	12:00-1:15 pm	
Class	Cardio Sculpt	Mossa Ride 30: Indoor cycling	Boot Camp Jam	4 week Chi Gong Class	OA Pilates	Iyengar Yoga	
Instructor	8/2 & 8/9 with Lidia	Mossa TV class	Tia	Charlene	Lidia	7/30 with Mark	
location	Cayton Room	Cayton Room	Cayton Room	Zoom Next Session TBA	Cayton Room	Cayton Room	
Time	3:30-5:00pm	5:00- 6:00pm	5:30-6:30pm	6-6:55pm	1:00-1:45		
Class	Tai Chi	Yoga Flow	Bollywood Boom	Zumba	Zumba Gold		
Instructor	Helene	Kristen	Manasi	Charlie	Leonore		
location	Cayton Room	Cayton Room	Cayton Room	Cayton Room	Zoom		
Time	5:30-6:30pm	6:30-7:45pm			1:00-2:00pm		
Class	8/2 Centergy MOSSA	Iyengar Yoga			Boot Camp Jam		
Instructor	8/2 MOSSA TV class	Mark P.			Tia		
location	Cayton Room	Cayton Room			Cayton Room		