



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 8/8/22	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 -12:30pm	10:00-10:45am	9:15-10:15am	
Class	OA Strength & Balance	OA Dance Fusion	Yoga fusion	OA Dance Fusion	OA Chair Yoga	Cardio Dance	
Instructor	Terra	Lidia	Maritza	Lidia	Allison F	8/13 with Rachel	
location	Cayton Room + Zoom	Cayton Room	Cayton Room	Cayton Room + Zoom	Zoom	Cayton Room	
Time	11:30am-12:30pm	11:30am-12:20 pm	10:30 -11:15am	12:30-1:15pm	11:00-11:50am	10:30 -11:30am	
Class	Yoga Flow	OA Pilates Fusion	OA Chair Yoga	Group Active	Meditation	Yoga Flow	
Instructor	Kyoko	Lidia	Bea	Mossa TV class	Allison F.	Allison	
location	Cayton Room	Cayton Room	Zoom	Cayton Room	Zoom	Cayton Room	
Time	12:45-1:30pm	12:45-1:15pm	1:00 - 2:00pm		11:00-11:55am	12:00-1:15 pm	
Class	Cardio Sculpt	Mossa Ride 30: Indoor cycling	Boot Camp Jam		OA Pilates	Iyengar Yoga	
Instructor	Terra	Mossa TV class	Class will not meet 8/10		Lidia	Juan	
location	Cayton Room	Cayton Room	Cayton Room		Cayton Room	Cayton Room	
Time	3:30-5:00pm	5:00- 6:00pm	5:30-6:30pm	6:00-6:55pm	1:00-1:45pm		
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			12:00-12:45pm		
Class	Vinyasa yoga	Iyengar Yoga			Mossa Ride 30: Indoor cycling		
Instructor	Kristen	Mark P.			Mossa TV class		
location	Cayton Room	Cayton Room			Cayton Room		
Time					1:00-2:00pm		
Class					Boot Camp Jam		
Instructor					Class will not meet 8/12		
location					Cayton Room		