



# INDIAN VALLEY FAMILY YMCA GROUP EXERCISE SCHEDULE WINTER 1

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

860 871 0008

www.indianvalleyfamilyYMCA.org

Winter 1: 1/8-2/25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>STUDIO</b>	<b>INSANITY - IA</b> 5:15-6:00AM KELLI		<b>INSANITY - IA</b> 5:15-6:00AM KELLI			<b>STEP - B IA</b> 8:00-8:45AM TRACY	
	<b>YOGA FOR ATHLETES - IA</b> 6:00AM-6:30AM KELLI	<b>BUTTS AND GUTTS - IA</b> 8:15-8:50AM SARAH	<b>BALLET FIT - IA</b> 9:00-9:50AM CHAR	<b>YOGA FOR ATHLETES - IA</b> 6:00AM-6:30AM KELLI			
	<b>HEAVY BAG - IA</b> 8:00-8:45AM JESSE	<b>INSANITY - IA</b> 9:00-9:45AM KELLI	<b>POWER HOUR - IA</b> 10:00-11:00AM JESSE	<b>SUPER SOLDIER - IA</b> 9:00-9:50AM CHAR	<b>BARRE - B IA</b> 9:00-9:45AM MIHAELA	<b>ZUMBA - B IA</b> 9:00-9:45AM MARIA/LAURA	<b>ZUMBA - B IA</b> 9:10-9:50AM TRESSA
	<b>ZUMBA STEP - B IA</b> 9:00AM-9:50AM MARIA	<b>GENTLE YOGA - B IA</b> 10:15-11:15AM SARITA	<b>SILVER SNEAKERS CIRCUIT</b> 11:15-12:00PM JENN	<b>GENTLE YOGA - B IA</b> 10:15-11:15AM NOREEN	<b>POWER YOGA - B IA</b> 10:00-11:00AM MIHAELA	<b>EATING WELL</b> 9:15-10:00AM (WELLNESS CENTER) HEIDI	<b>BOOTCAMP - B IA</b> 10:00-11:00 KRISTIN
	<b>PILATES - B IA</b> 10:15-11:00AM ALI			<b>PICKLE BALL</b> 12:30-2:00PM (IN VERNON) SEAN	<b>SILVER SNEAKERS CLASSIC</b> 11:15-12:00PM CHRISTINA	<b>ALL LEVELS YOGA - B IA</b> 10:00-11:00AM SARITA	<b>YOGA - B IA</b> 11:00-12:00PM INDORA
	<b>SILVER SNEAKERS CLASSIC</b> 11:15-12:00PM CHRISTINA		<b>KID'S GROUP FITNESS! K</b> 4:00-4:30PM KRISTIN/RANDY	<b>TAI CHI - B IA</b> 3:30-4:45PM LUCKY			
	<b>ZUMBA - B IA</b> 5:00-5:45PM JAY	<b>PILATES - IA</b> 5:00-5:45PM ALI	<b>HIIT - IA</b> 4:30-5:25PM SARAH/GINNY		<b>BASIC BOOTCAMP - B I</b> 4:30PM-5:15PM KRISTIN		
	<b>POWER HOUR B IA</b> 6:00-7:00PM SEAN	<b>ZUMBA TONING - IA</b> 6:00-7:00PM RODOLFO	<b>ZUMBA - B IA</b> 5:30-6:30PM RODOLFO	<b>STRENGTH AND CONDITIONING</b> 6:00-7:00PM LAURA K.	<b>SILVER SNEAKERS</b> classes open to ALL MEMBERS!	<b>IMPORTANT INFORMATION</b> Please arrive on time for group exercise classes. If you are new to a format, please allow time for set-up. Athletic footwear is required to participate. There is a 3 member minimum to run a	
	<b>YOGA - B IA</b> 7:00PM-8:00PM LINDA			<b>YOGA - B IA</b> 7:00PM-8:00PM LINDA			
		<b>GROUP CYCLE - IA</b> 5:15-6:00AM MARSHALL		<b>GROUP CYCLE - IA</b> 5:15-6:00AM FREDERICK			
	<b>GROUP CYCLE - IA</b> 9:15-10:00AM KENDRA		<b>GROUP CYCLE - IA</b> 9:15-10:00AM KENDRA		<b>GROUP CYCLE - IA</b> 8:15-9:00AM LAURA		
		<b>BEGINNER CYCLE B</b> 10:00-10:30AM KENDRA		<b>CYCLE &amp; SCULPT - IA</b> 9:15-10:00AM CHAR	<b>GROUP CYCLE - IA</b> 10:15-11:00AM HEIDI	<b>GROUP CYCLE - IA</b> 9:15-10:00AM ANDREA	
	<b>GROUP CYCLE - IA</b> 5:30-6:15PM COURTNEY	<b>GROUP CYCLE</b> 5:30-6:15PM ANDREA	<b>GROUP CYCLE</b> 6:00-6:45PM COURTNEY	<b>GROUP CYCLE</b> 6:00-6:45PM HEIDI			
<b>POOL</b>	<b>WATER EXERCISE</b> 9:30-10:15AM CHRISTINA	<b>WATER EXERCISE</b> 9:30-10:15AM CHRISTINA	<b>AQUA STRETCH (warm water)</b> 8:30-9:15am NOREEN	<b>WATER EXERCISE</b> 9:30-10:15AM CHRISTINA	<b>WATER EXERCISE</b> 9:30-10:15AM CHRISTINA	<b>AQUA ZUMBA</b> 8:00-8:45AM LAURA	<b>AQUA ZUMBA</b> 10:00-10:45 TRESSA
		<b>WATER EXERCISE</b> 7:30-8:15 CHRISTINA	<b>AQUA STRETCH (warm water)</b> 9:30-10:15AM NOREEN				

\*FACILITY HOURS : MON-FRI 5A-10P; SAT 7A-7P; SUN 9A-6P

## CLASS DESCRIPTIONS

B: Beginner I: Intermediate A: Advanced K: Kids

**SILVER SNEAKERS CLASSIC** - Goal of the class is to help participants increase strength, range of motion, agility, balance and coordination utilizing various equipment including resistance bands and chairs.

**BALLET FIT/BARRE** - Combine ballet training with pilates, strength and flexibility to build long lean muscles

**BOOT CAMP** - This high-energy program includes an intense cardiovascular workout and strength-training drills, and is designed for those seeking an intense boost to a regular workout routine. Develop strength, stamina, and agility. \***BASIC** - geared toward people who are new to group exercise to get them ready for a full hour class

**BUTTS AND GUTTS** - a short tough workout specifically targeting lower body and core

**KID'S FITNESS** - A group fitness class for kids ages 4-7 incorporating games, exercise, and FUN!

**CYCLE & SCULPT** - Intervals will alternate between cycle and strength to incorporate strength training along with a cardio workout.

**TORNADO** - 30 minutes broken into minute intervals for an awesome workout in a short time!

**GENTLE YOGA** – Great for all levels of fitness. A modified Yoga program designed to help improve strength and flexibility.

**GROUP CYCLING** - A high energy class that simulates an actual ride targeting heart rate zone training, lower body strength, endurance and lots of sweat.

**PILATES** – Ideal for those wishing to improve flexibility, balance and tone while strengthening core muscle groups. This non-impact, low-intensity workouts include stretching and core-muscle training exercises. Enhanced mobility, long, strong muscles, a flat stomach, strong back, improved posture and a more streamlined body can be achieved.

**TAI CHI** – (Chi Kung) Ancient Chinese exercise system that uses slow, smooth body movements described as "mediation in motion". Tai Chi will help improve balance, enhance strength and flexibility, reduce stress, lower blood pressure, and ease chronic pain.

**POWER FLOW YOGA** – This style is a dynamic, energizing form of exercise that sculpts, and tones every muscle of the body. It is purposefully challenging and active so that it can catapult you from wherever you are right now to whole new thresholds of physical power. Modifications will be offered. All levels are welcome.

**ZUMBA** - Zumba is a fitness program inspired by Latin dance. Zumba consists of Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow.

**ZUMBA TONING** - Zumba Toning keeps Zumba's essence while focusing on strength training the arms, abs and thighs.

**BEGINNER SPIN AND SCULPT** - a cycling class with weight training mixed in geared towards people of all ages new to indoor cycling

**HEAVY BAG** - A non-contact kickboxing class utilizing basic kicks and punches on a heavy bag. Pump It Up is a weight lifting and cardio class designed to tone and strengthen the entire body, and enhance the personal fitness.

**YOGA FOR ATHLETES** - yoga flow geared towards athletes to help with flexibility and recovery