



# INDIAN VALLEY FAMILY YMCA GROUP EXERCISE SCHEDULE SPRING 1

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

860 871 0008

www.indianvalleyfamilyYMCA.org

SPRING 1: 2/26 - 4/22

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO	<b>INSANITY - I A</b> 5:15-6:00AM KELLI		<b>INSANITY - I A</b> 5:15-6:00AM KELLI			<b>STEP - B I A</b> 8:00-8:45AM TRACY	
	<b>YOGA FOR ATHLETES - I A</b> 6:00AM-6:30AM KELLI	<b>BUTTS AND GUTTS - I A</b> 8:15-8:50AM SARAH	<b>BALLET FIT - I A</b> 9:00-9:50AM CHAR	<b>YOGA FOR ATHLETES - I A</b> 6:00AM-6:30AM KELLI			
	<b>HEAVY BAG - I A</b> 8:00-8:45AM JESSE	<b>INSANITY - I A</b> 9:00-9:45AM KELLI	<b>POWER HOUR - I A</b> 10:00-11:00AM JESSE	<b>BOOTCAMP - B I A</b> 9:00-9:50AM KRISTIN	<b>BARRE - B I A</b> 9:00-9:45AM MIHAELA	<b>ZUMBA - B I A</b> 9:00-9:45AM MARIA/LAURA	<b>ZUMBA - B I A</b> 9:10-9:50AM TRESSA
	<b>ZUMBA STEP - B I A</b> 9:00AM-9:50AM MARIA	<b>GENTLE YOGA - B I A</b> 10:15-11:15AM SARITA	<b>SILVER SNEAKERS CLASSIC</b> 11:15-12:00PM JENN	<b>GENTLE YOGA - B I A</b> 10:15-11:15AM NOREEN	<b>POWER YOGA - B I A</b> 10:00-11:00AM MIHAELA	<b>EATING WELL</b> 9:15-10:00AM (WELLNESS CENTER) HEIDI	<b>BOOTCAMP - B I A</b> 10:00-11:00 KRISTIN
	<b>PILATES - B I A</b> 10:15-11:00AM ALI			<b>PICKLE BALL</b> 1:00-3:00PM (IV VERNON) SEAN	<b>SILVER SNEAKERS CLASSIC</b> 11:15-12:00PM CHRISTINA	<b>ALL LEVELS YOGA - B I A</b> 10:00-11:00AM SARITA	<b>YOGA - B I A</b> 11:00-12:00PM INDORA
	<b>SILVER SNEAKERS CLASSIC</b> 11:15-12:00PM CHRISTINA		<b>KID'S GROUP FITNESS! K</b> 3:45-4:25PM KRISTIN/RANDY	<b>TAI CHI - B I A</b> 4:00-5:00PM LUCKY			
	<b>ZUMBA - B I A</b> 5:00-5:45PM JAY	<b>PILATES - I A</b> 5:00-5:45PM ALI	<b>HIIT - I A</b> 4:30-5:25PM SARAH/GINNY				
	<b>POWER HOUR B I A</b> 6:00-7:00PM SEAN	<b>ZUMBA TONING - I A</b> 6:00-7:00PM RODOLFO	<b>ZUMBA - B I A</b> 6:00-7:00PM RODOLFO	<b>STRENGTH/CONDITIONING I A</b> 6:00-7:00PM LAURA K.	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>SILVER SNEAKERS classes open to ALL MEMBERS!</b> </div>		
	<b>YOGA - B I A</b> 7:00PM-8:00PM LINDA	<b>HEAVY BAG - I A</b> 7:00-8:00PM GINNY		<b>YOGA - B I A</b> 7:00PM-8:00PM LINDA			
		<b>GROUP CYCLE - I A</b> 5:15-6:00AM MARSHALL		<b>GROUP CYCLE - I A</b> 5:15-6:00AM FREDERICK			
	<b>GROUP CYCLE - I A</b> 9:15-10:00AM KENDRA		<b>GROUP CYCLE - I A</b> 9:15-10:00AM KENDRA			<b>GROUP CYCLE - I A</b> 8:15-9:00AM LAURA	
				<b>CYCLE &amp; SCULPT - I A</b> 9:15-10:00AM CHAR	<b>GROUP CYCLE - I A</b> 10:15-11:00AM HEIDI	<b>GROUP CYCLE - I A</b> 9:15-10:00AM ANDREA	
<b>GROUP CYCLE - I A</b> 6:00-6:45PM GLORIMAR	<b>GROUP CYCLE</b> 6:00-6:45PM LISA	<b>GROUP CYCLE</b> 6:00-6:45PM COURTNEY	<b>GROUP CYCLE</b> 6:30-7:15PM HEIDI				
<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					

**IMPORTANT INFORMATION**  
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

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