



INDIAN VALLEY FAMILY YMCA GROUP EXERCISE SCHEDULE 2

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

860 871 0008 www.indianvalleyfamilyYMCA.org Spring 2: 4/24- 6/11

STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INSANITY 5:15-6:00AM KELLI		INSANITY 5:15-6:00AM KELLI			HIIT 8:00-8:50AM GINNY	ZUMBA 9:10-9:50AM TRESSA
ZUMBA STEP 9:00AM-9:50AM MIHAELA	CARDIO KICK 9:00-10:00AM DANIELLE	BALLET FIT 9:00-9:50AM CHAR	SUPER SOLDIER 9:00-10:00AM JEN	ZUMBA 9:00-9:45AM MIHAELA	ZUMBA 9:00-9:45AM MARIA/LAURA	PIYO 10:00-10:50AM JEN
PILATES 10:15-11:00AM EMILY	GENTLE YOGA 10:15-11:15AM SARITA	POWER HOUR 10:00-11:00AM JESSE	GENTLE YOGA 10:15-11:15AM NOREEN	POWER YOGA 10:15-11:00AM MIHAELA	EATING WELL 9:15-10:00AM (WELLNESS CENTER) HEIDI	YOGA 11:00-12:00PM CAROLYN
SILVER SNEAKERS CLASSIC 11:30-12:15P JEN		SILVER SNEAKERS CIRCUIT 11:15-12:00PM CHAR	SILVER SNEAKERS CLASSIC 11:30-12:15PM JEN	SILVER SNEAKERS CLASSIC 11:15-12:00PM JEN/ANDREA	ALL LEVELS YOGA 10:00-11:00AM SARITA	
	PILATES 5:00-5:45PM ALI		PICKLE BALL 12:30-2:00PM (IN VERNON) SEAN		<div style="border: 1px solid black; padding: 10px;"> <p>IMPORTANT INFORMATION</p> <p>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 class.</p> <p>Please sign up at the front desk for all cycling classes. You may register up to</p> </div>	
ZUMBA 5:00-5:45PM JAY	PIYO 6:00-6:45PM JEN	HIIT 4:30-5:15PM GINNY	TAI CHI 3:30-4:45PM LUCKY			
BOOTCAMP 6:00-7:00PM REGINA	HEAVY BAG 7:00-7:45PM GINNY	ZUMBA 5:30-6:30PM RODOLFO	YOGA 5:00-5:45PM CAROLYN			
		GENTLE YOGA 7:00-8:00PM NOREEN	POWERSULPT 6:00-7:00PM REGINA			
			EATING WELL 7:00-7:45PM (WELLNESS CENTER) HEIDI			

SILVER SNEAKERS classes open to ALL MEMBERS!

CYCLING

	GROUP CYCLE 5:15-6:05AM MARSHALL		GROUP CYCLE 5:15-6:05AM FREDERICK		GROUP CYCLE 8:15-9:05AM LAURA	GROUP CYCLE 9:15-10:00AM ANDREA
GROUP CYCLE 9:15-10:00AM EMILY	GROUP CYCLE 9:15-10:00AM JOY	CYCLE & SCULPT 9:15-10:05AM KELLI	GROUP CYCLE 9:15-10:00AM KENDRA	CYCLE & SCULPT 9:15-10:05AM CHAR	GROUP CYCLE 10:15-11:00AM HEIDI	
CYCLE HIIT 5:45- 6:30 ANDREA/CHAR	BEGINNER CYCLE 10:15-10:45AM CHAR		GROUP CYCLE 6:00-6:45PM HEIDI			<div style="border: 1px solid black; padding: 5px;"> <p>***PLEASE SEE THE AQUATICS SCHEDULE FOR ALL WATER GROUP CLASSES</p> </div>
	GROUP CYCLE 6:00-6:45PM LAURA	GROUP CYCLE 6:00-6:45PM FREDERICK				

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