



INDIAN VALLEY FAMILY YMCA GROUP EXERCISE SCHEDULE FALL 1

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

860 871 0008

www.indianvalleyfamilyYMCA.org

Fall 1: 9/11-10/29

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
STUDIO	INSANITY 5:15-6:00AM KELLI					STEP 8:00-8:45AM TRACY		
	YOGA FOR ATHLETES 6:00AM-6:30AM KELLI		YOGA FOR ATHLETES 6:00AM-6:30AM KELLI					
	ZUMBA STEP 9:00AM-9:50AM MARIA	BOOTCAMP 9:00-9:50AM CAITLIN	BALLET FIT 9:00-9:50AM CHAR	BOOTCAMP 9:00-10:00AM JESSE	ZUMBA 9:00-9:45AM MIHAELA	ZUMBA 9:00-9:45AM MARIA/LAURA	ZUMBA 9:10-9:50AM TRESSA	
	PILATES 10:15-11:00AM ALI	GENTLE YOGA 10:15-11:15AM SARITA	POWER HOUR 10:00-11:00AM JESSE	GENTLE YOGA 10:15-11:15AM NOREEN	POWER YOGA 10:00-11:00AM MIHAELA	EATING WELL 9:15-10:00AM (WELLNESS CENTER) HEIDI	BOOTCAMP 10:00-11:00 CAITLIN	
	SILVER SNEAKERS CLASSIC 11:15-12:00P CHRISTINA		SILVER SNEAKERS CIRCUIT 11:15-12:00PM JENN	PICKLE BALL 12:30-2:00PM (IN VERNON) SEAN	SILVER SNEAKERS CLASSIC 11:15-12:00PM CHRISTINA	ALL LEVELS YOGA 10:00-11:00AM SARITA	YOGA 11:00-12:00PM INDORA	
				TAI CHI 3:30-4:45PM LUCKY				
	ZUMBA 5:00-5:45PM JAY	PILATES 5:00-5:45PM ALI			SILVER SNEAKERS classes open to ALL MEMBERS!			
	BOOTCAMP 6:00-7:00PM JEN P	ZUMBA TONING 6:00-7:00PM RODOLFO	ZUMBA 5:30-6:30PM RODOLFO	POWER HOUR 6:00-7:00PM JOSH				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.
	YOGA 7:00PM-8:00PM LINDA		GENTLE YOGA 7:00-8:00PM NOREEN	YOGA 7:00PM-8:00PM LINDA				
		GROUP CYCLE 5:15-6:00AM MARSHALL		GROUP CYCLE 5:15-6:00AM FREDERICK				
		GROUP CYCLE 9:15-10:00AM KENDRA		GROUP CYCLE 9:15-10:00AM KENDRA		GROUP CYCLE 8:15-9:00AM LAURA		
GROUP CYCLE 9:15-10:00AM JOY	SILVER SPIN 11:15AM-12:00PM KENDRA		SILVER SPIN 11:15AM-12:00PM KENDRA	GROUP CYCLE 9:15-10:00AM CHAR	CYCLE & SCULPT 9:15-10:00AM CHAR	GROUP CYCLE 10:15-11:00AM HEIDI	GROUP CYCLE 9:15-10:00AM ANDREA	
GROUP CYCLE 6:00-6:45PM MIKE	GROUP CYCLE 6:00-6:45PM FREDERICK		GROUP CYCLE 6:00-6:45PM MIKE	GROUP CYCLE 6:00-6:45PM HEIDI				
WATER EXERCISE 9:30-10:15AM CHRISTINA	WATER EXERCISE 9:30-10:15AM CHRISTINA	AQUA STRETCH (warm water) 8:30-9:15am NOREEN	WATER EXERCISE 9:30-10:15AM CHRISTINA	WATER EXERCISE 9:30-10:15AM CHRISTINA	WATER EXERCISE 9:30-10:15AM CHRISTINA	AQUA ZUMBA 8:00-8:45AM LAURA	AQUA ZUMBA 10:00-10:45 TRESSA	
	WATER EXERCISE 7:30-8:15 CHRISTINA	AQUA STRETCH (warm water) 9:30-10:15AM NOREEN						

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