



INDIAN VALLEY FAMILY YMCA GROUP EXERCISE SCHEDULE SUMMER 2

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

860 871 0008

www.indianvalleyfamilyYMCA.org

SUMMER 2: 7/23-8/26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
STUDIO	INSANITY - I A 5:15-6:00AM KELLI		INSANITY - I A 5:15-6:00AM KELLI			STT - B I A 7:10-8:10AM HEIDI		
	YOGA FOR ATHLETES - I A 6:00AM-6:30AM KELLI	PILATES - B I A 8:15-9:00AM EMILY	BALLET FIT - I A 9:00-9:50AM CHAR	STT - B I A 8:15-9:15AM COURTNEY		STEP - B I A 8:15-9:00 AM TRACY	ZUMBA - B I A 9:10-9:50AM TRESSA	
	BOOTCAMP 7:00-8:00AM KRISTIN	INSANITY - I A 9:00-9:45AM KELLI	POWER HOUR - I A 10:00-11:00AM JESSE	GENTLE YOGA - B I A 10:15-11:15AM SARAH B./SARITA	BALLET FIT - B I A 9:00-9:45AM CHAR	EATING WELL (1st Sat of month) 8:15-9:00 AM HEIDI	BOOTCAMP - B I A 10:00-11:00AM KRISTIN/LISA	
	ZUMBA STEP - B I A 9:00AM-9:50AM MARIA	GENTLE YOGA - B I A 10:15-11:15AM SARITA	SILVER SNEAKERS CLASSIC 11:15-12:00PM JENN		POWER YOGA - B I A 10:00-11:00AM KELLI	ZUMBA - B I A 9:10-9:55 AM MARIA/LAURA	YOGA - B I A 11:00AM-12:00PM INDORA	
	PILATES - B I A 10:15-11:00AM ALI	SILVER SNEAKERS CLASSIC 11:30AM-12:15PM MO			SILVER SNEAKERS CLASSIC 11:15AM-12:00PM CHRISTINA	ALL LEVELS YOGA - B I A 10:00-11:00 AM SARITA		
	SILVER SNEAKERS CLASSIC 11:15AM-12:00PM CHRISTINA			PICKLE BALL 1:00-3:00PM (IN VERNON) SEAN				
				TAI CHI - B I A 4:00-5:00PM LUCKY				
		ZUMBA - B I A 5:00-5:45PM JAY	HEAVY BAG - I A 5:05-5:55PM GINNY	HIIT - I A 4:30-5:30PM GINNY				
		STT - B I A 5:50-6:50PM GLORIMAR	ZUMBA TONING - I A 6:00-7:00PM RODOLFO	ZUMBA - B I A 6:00-7:00PM RODOLFO	STT - B I A 6:10-7:10PM HEIDI			
	YOGA - B I A 7:00PM-8:00PM LINDA			GENTLE YOGA - B I A 7:15PM-8:15PM LINDA				
CYCLING		GROUP CYCLE - I A 5:15-6:00AM MARSHALL		GROUP CYCLE - I A 5:15-6:00AM FREDERICK				
		GROUP CYCLE - I A 9:00-9:45AM KENDRA	GROUP CYCLE - I A 8:15-9:00 AM LISA	GROUP CYCLE - I A 9:00-9:45AM KENDRA		GROUP CYCLE - I A 8:15-9:00AM LAURA		
						GROUP CYCLE - I A 9:30-10:15AM HEIDI	GROUP CYCLE - I A 9:15-10:00AM ANDREA	
		GROUP CYCLE - I A 6:00-6:45PM LISA						
POOL	WATER EXERCISE 9:30-10:15AM CHRISTINA	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 10:00-11:00 AM TRESSA	
	AQUA ZUMBA 7:30-8:20 PM SIOBHAN							

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 class.

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

SILVER SNEAKERS CLASSES OPEN TO ALL MEMBERS!