



# INDIAN VALLEY FAMILY YMCA GROUP EXERCISE SCHEDULE SPRING 2

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

860 871 0008

www.indianvalleyfamilyYMCA.org

SPRING 2: 5/29 - 6/24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>STUDIO</b>	<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> 8:15-9:00AM SARAH	<b>BALLET FIT - I A</b> 9:00-9:50AM CHAR	<b>STT - B I A</b> 8:15-9:15AM COURTNEY		<b>BOOTCAMP</b> 8:15-9:00AM KRISTIN	<b>ZUMBA - B I A</b> 9:10-9:50AM TRESSA	
		<b>INSANITY - I A</b> 9:00-9:45AM KELLI	<b>POWER HOUR - I A</b> 10:00-11:00AM JESSE	<b>GENTLE YOGA - B I A</b> 10:15-11:15AM NOREEN		<b>BARRE - B I A</b> 9:00-9:45AM MIHAELA	<b>EATING WELL</b> 9:15-10AM (WELLNESS CENTER) HEIDI	<b>BOOTCAMP - B I A</b> 10:00-11:00AM KRISTIN
	<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>ZUMBA - B I A</b> 11:30AM-12:15PM CHRISTINA		<b>POWER YOGA - B I A</b> 10:00-11:00AM MIHAELA	<b>ALL LEVELS YOGA - B I A</b> 10:00-11:00AM SARITA	<b>YOGA - B I A</b> 11:00AM-12:00PM INDORA
	<b>PILATES - B I A</b> 10:15-11:00AM ALI	<b>SILVER SNEAKERS CLASSIC</b> 11:30AM-12:15PM CHRISTINA				<b>SILVER SNEAKERS CLASSIC</b> 11:15AM-12:00PM CHRISTINA	<b>STT - B I A</b> 11:15AM-12:15PM HEIDI	
	<b>SILVER SNEAKERS CLASSIC</b> 11:15AM-12:00PM CHRISTINA			<b>PICKLE BALL</b> 1:00-3:00PM (IN VERNON) SEAN				
			<b>KID'S GROUP FITNESS! K</b> 3:45-4:25PM RANDY/KRISTIN	<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 GINNY				
		<b>STT - B I A</b> 6:00-7:00PM GLORIMAR	<b>ZUMBA TONING - I A</b> 6:00-7:00PM RODOLFO	<b>ZUMBA - B I A</b> 6:00-7:00PM RODOLFO	<b>STT - B I A</b> 6:10-7:10PM HEIDI			
	<b>YOGA - B I A</b> 7:00PM-8:00PM LINDA	<b>HEAVY BAG - I A</b> 7:00-8:00PM GINNY	<b>STT - B I A</b> 7:15-8:15PM RODOLFO	<b>YOGA - B I A</b> 7:15PM-8:15PM LINDA				
<b>CYCLING</b>		<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>CYCLE &amp; SCULPT - I A</b> 9:15-10:00AM CHAR	<b>GROUP CYCLE - I A</b> 8:15-9:00AM LAURA		
						<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 LISA						
<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					

**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!**