



# INDIAN VALLEY FAMILY YMCA GROUP EXERCISE SCHEDULE FALL 2

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

860 871 0008

www.indianvalleyfamilyYMCA.org

Fall 1: 10/29-12/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO	<b>INSANITY</b> 5:15-6:00AM KELLI		<b>INSANITY</b> 5:15-6:00AM KELLI		<b>BOOTCAMP</b> 6:00-6:45AM KRISTIN	<b>STEP</b> 8:00-8:45AM TRACY	
	<b>YOGA FOR ATHLETES</b> 6:00AM-6:30AM KELLI	<b>BUTTS AND GUTTS</b> 8:15-8:55AM JOSH		<b>YOGA FOR ATHLETES</b> 6:00AM-6:30AM KELLI			
	<b>ZUMBA STEP</b> 9:00AM-9:50AM MARIA	<b>CARDIO KICKBOXING</b> 9:00-9:50AM DANIELLE	<b>BALLET FIT</b> 9:00-9:50AM CHAR	<b>BOOTCAMP</b> 9:00-10:00AM JESSE	<b>BARRE</b> 9:00-9:45AM MIHAELA	<b>ZUMBA</b> 9:00-9:45AM MARIA/LAURA	<b>ZUMBA</b> 9:10-9:50AM TRESSA
	<b>PILATES</b> 10:15-11:00AM ALI	<b>GENTLE YOGA</b> 10:15-11:15AM SARITA	<b>POWER HOUR</b> 10:00-11:00AM JESSE	<b>GENTLE YOGA</b> 10:15-11:15AM NOREEN	<b>POWER YOGA</b> 10:00-11:00AM MIHAELA	<b>EATING WELL</b> 9:15-10:00AM (WELLNESS CENTER) HEIDI	<b>BOOTCAMP</b> 10:00-11:00 VARIOUS
	<b>SILVER SNEAKERS CLASSIC</b> 11:15-12:00P CHRISTINA		<b>SILVER SNEAKERS CIRCUIT</b> 11:15-12:00PM JENN	<b>PICKLE BALL</b> 12:30-2:00PM (IN VERNON) SEAN	<b>SILVER SNEAKERS CLASSIC</b> 11:15-12:00PM CHRISTINA	<b>ALL LEVELS YOGA</b> 10:00-11:00AM SARITA	<b>YOGA</b> 11:00-12:00PM INDORA
				<b>TAI CHI</b> 3:30-4:45PM LUCKY			
	<b>ZUMBA</b> 5:00-5:45PM JAY	<b>PILATES</b> 5:00-5:45PM ALI	<b>HIIT</b> 4:30-5:25PM SARAH/GINNY		<b>SILVER SNEAKERS</b> classes open to ALL MEMBERS!		
	<b>BOOTCAMP</b> 6:00-7:00PM KRISTIN	<b>ZUMBA TONING</b> 6:00-7:00PM RODOLFO	<b>ZUMBA</b> 5:30-6:30PM RODOLFO	<b>POWER HOUR</b> 6:00-7:00PM JOSH		<b>IMPORTANT INFORMATION</b> 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.	
	<b>YOGA</b> 7:00PM-8:00PM LINDA	<b>TORNADO</b> 7:00-7:30PM JOSH	<b>GENTLE YOGA</b> 7:00-8:00PM NOREEN	<b>YOGA</b> 7:00PM-8:00PM LINDA			
		<b>GROUP CYCLE</b> 5:15-6:00AM FREDERICK		<b>GROUP CYCLE</b> 5:15-6:00AM FREDERICK			
	<b>GROUP CYCLE</b> 9:15-10:00AM KENDRA		<b>GROUP CYCLE</b> 9:15-10:00AM KENDRA		<b>GROUP CYCLE</b> 8:15-9:00AM LAURA		
<b>GROUP CYCLE</b> 9:15-10:00AM JOY	<b>SILVER SPIN &amp; SCULPT</b> 11:15AM-12:00PM KENDRA		<b>SILVER SPIN &amp; SCULPT</b> 11:15AM-12:00PM KENDRA	<b>CYCLE &amp; SCULPT</b> 9:15-10:00AM CHAR	<b>GROUP CYCLE</b> 10:15-11:00AM HEIDI	<b>GROUP CYCLE</b> 9:15-10:00AM ANDREA	
<b>GROUP CYCLE</b> 6:00-6:45PM MIKE	<b>GROUP CYCLE</b> 6:00-6:45PM ANDREA	<b>GROUP CYCLE</b> 6:00-6:45PM EMILY	<b>GROUP CYCLE</b> 6:00-6:45PM 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					

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