



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: 4/30 - 6/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
STUDIO	INSANITY - I A 5:15-6:00AM KELLI		INSANITY - I A 5:15-6:00AM KELLI			STEP - B I A 8:00-8:45AM TRACY		
	YOGA FOR ATHLETES - I A 6:00AM-6:30AM KELLI	BUTTS AND GUTTS - I A 8:15-9:00AM SARAH	BALLET FIT - I A 9:00-9:50AM CHAR	STT - B I A 8:15-9:15AM COURTNEY		BOOTCAMP 8:15-9:00AM KRISTIN	ZUMBA - B I A 9:10-9:50AM TRESSA	
	HEAVY BAG - I A 8:00-8:45AM JESSE	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 NOREEN		BARRE - B I A 9:00-9:45AM MIHAELA	EATING WELL 9:15-10AM (WELLNESS CENTER) HEIDI	BOOTCAMP - B I A 10:00-11:00AM KRISTIN
	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	ZUMBA - B I A 11:30AM-12:15PM CHRISTINA		POWER YOGA - B I A 10:00-11:00AM MIHAELA	ALL LEVELS YOGA - B I A 10:00-11:00AM SARITA	YOGA - B I A 11:00AM-12:00PM INDORA
	PILATES - B I A 10:15-11:00AM ALI					SILVER SNEAKERS CLASSIC 11:15AM-12:00PM CHRISTINA	STT - B I A 11:15AM-12:15PM HEIDI	
	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			
			KID'S GROUP FITNESS! K 3:45-4:25PM RANDY/KRISTIN					
		ZUMBA - B I A 5:00-5:45PM JAY	PILATES - I A 5:00-5:45PM ALI	HIIT - I A 4:30-5:25PM GINNY				
	STT - B I A 6:00-7:00PM 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	HEAVY BAG - I A 7:00-8:00PM GINNY	STT - B I A 7:15-8:15PM RODOLFO	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 9:15-10:00AM KENDRA		GROUP CYCLE - I A 9:15-10:00AM KENDRA	CYCLE & SCULPT - I A 9:15-10:00AM CHAR	GROUP CYCLE - I A 8:15-9:00AM LAURA		
						GROUP CYCLE - I A 10:15-11:00AM HEIDI	GROUP CYCLE - I A 9:15-10:00AM ANDREA	
	GROUP CYCLE - I A 6:00-6:45PM LISA	GROUP CYCLE - I A 6:00-6:45PM LISA	GROUP CYCLE - I A 5:30-6:15PM KRISTIN					
POOL	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	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					

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!

CLASS DESCRIPTIONS

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

SILVER SNEAKERS CLASSIC - Goal of the class is to help participants increase strength, range of motion, agility, balance and coordination utilizing various equipment including resistance bands and chairs.

BALLET FIT/BARRE - Combine ballet training with pilates, strength and flexibility to build long lean muscles.

BOOT CAMP - This high-energy program includes an intense cardiovascular workout and strength-training drills, and is designed for those seeking an intense boost to a regular workout routine. Develop strength, stamina, and agility.

BUTTS AND GUTTS - A short, tough workout specifically targeting lower body and core.

KID'S FITNESS - A group fitness class for kids ages 4-7 incorporating games, exercise, and FUN!

CYCLE & SCULPT - Intervals will alternate between cycle and strength to incorporate strength training along with a cardio workout.

POWER HOUR - An intense hour mixed with drills and strength training will push you to your limit!

GENTLE YOGA – Great for all levels of fitness. A modified Yoga program designed to help improve strength and flexibility.

GROUP CYCLING - We have fun and sweat! Intervals, rolling hills, sprints, climbs, runs, surges and jumps - all to a variety of music hand-picked to motivate and inspire! A great workout if you want to burn calories and increase endurance.

PILATES – Learn the subtleties of proper core engagement and be challenged to hold this engagement building your endurance. Instructor teaches functional movement using static holds, dynamic exercises and detailed explanation of subtle feeling. You will get stronger while pesky aches and pains diminish.

TAI CHI – (Chi Kung) Ancient Chinese exercise system that uses slow, smooth body movements described as "mediation in motion". Tai Chi will help improve balance, enhance strength and flexibility, reduce stress, lower blood pressure, and ease chronic pain.

POWER YOGA – You will be lead through a dynamic, powerful, playful practice that allows you to work at your own level. We deliver a physical yoga practice as a tool of transformation - encouraging you to reclaim your full potential, discover creativity, awaken passion, and create authenticity, confidence and new possibilities.

ZUMBA - Zumba is a fitness program inspired by Latin dance. Zumba consists of Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow.

ZUMBA TONING - Zumba Toning keeps Zumba's essence while focusing on strength training the arms, abs and thighs.

STRENGTH AND CONDITIONING - A HIIT style class with strength training and bursts of cardio exercises.

HIIT - High Intensity Interval Training

HEAVY BAG - A non-contact kickboxing class utilizing basic kicks and punches on a heavy bag. Pump It Up is a weight lifting and cardio class designed to tone and strengthen the entire body, and enhance the personal fitness.

INSANITY - You'll build strength, improve cardiovascular fitness, develop precision and speed - without lifting weights.

YOGA FOR ATHLETES - yoga flow geared towards athletes to help with flexibility and recovery

STT - Strength Train Together is a cardio-based strength training program that targets each major muscle group. It's a great way to build cardiovascular strength, improve bone density and tone lean muscle mass.