

# INDIAN VALLEY FAMILY YMCA

# GROUP EXERCISE SCHEDULE

860.871.0008 • IndianValleyFamilyYMCA.org



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Schedule  
December 17-23, 2018

GROUP EXERCISE STUDIO

## MONDAY

### INSANITY

5:15-6:00 AM  
Kelli

### YOGA FOR STRENGTH

6:00-6:30 AM  
Kelli

### BOOTCAMP

7:00-8:00 AM  
Lisa

### ZUMBA STEP

9:00-10:00 AM  
Maria

### PILATES

10:15-11:00 AM  
Ali

### SILVER SNEAKERS

11:15AM-12:00PM  
Christina

### TAI CHI FORM

12:15-1:15 PM  
Lucky

### ZUMBA

5:00-5:45 PM  
Jay

### HIIT

5:50-6:50 PM  
Andrea

### YOGA

7:00-8:00 PM  
Linda

## TUESDAY

### STT

5:15-6:15 AM  
Heidi

### HEAVY BAG

9:00-9:50 AM  
Joy

### SILVER SNEAKERS

11:15AM-12:00 PM  
Mo

### JUKIDO JUJITSU

5:30-6:30 PM  
Master Paul

### ZUMBA TONING

6:30-7:30 PM  
Tracy

## WEDNESDAY

### INSANITY

5:15-6:00 AM  
Kelli

### YOGA

9:05-9:50 AM  
Lori M.

### POWER HOUR

10:00-11:00 AM  
Jesse

### SILVER SNEAKERS

11:15AM-12:00 PM  
Jenn

### HIIT

4:30-5:30 PM  
JB

### ZUMBA

6:00-7:00 PM  
Carla

### STT

7:15-8:15 PM  
Heidi

## THURSDAY

### HIIT

9:00-9:45 AM  
Kristin

### GENTLE YOGA

10:15-11:15 AM  
Lori M.

### PICKLE BALL

1:00-3:00 PM (in Vernon)  
Sean

### TAI CHI QIGONG

4:00-5:00 PM  
Lucky

### JUKIDO JUJITSU

5:30 - 6:30 PM  
Master Paul

### YOGA

6:45-7:45 PM  
Sarah B.

## FRIDAY

### GROUP CYCLE

5:15-6:00 AM  
Marshall

### BOOTCAMP

8:00-8:45 AM  
Jesse

### POWER YOGA

9:00-9:50 AM  
Sarah B.

### PILATES

10:00-11:00 AM  
Ali

### SILVER SNEAKERS

11:15 AM-12:00 PM  
Christina

## SATURDAY

### INSANITY

7:10-7:55 AM  
Kelli

### STEP

8:15-9:00 AM  
Tracy

### ZUMBA

9:10-9:55 AM  
Laura

### ALL LEVELS YOGA

10:00 AM-11:00 AM  
Linda

## SUNDAY

### ZUMBA

9:05 AM-9:50 AM  
Tressa

### BOOTCAMP

10:00-11:00 AM  
Kristin

### YOGA

11:00AM-12:00 PM  
Indora

## SATURDAY

### GROUP CYCLE

8:15 -9:00 AM  
Laura

## SUNDAY

### GROUP CYCLE

9:15 AM-10:00 AM  
Andrea

### TRX

10:30-11:30 AM  
Jesse

Purple classes  
are cycling  
classes

Orange classes  
are non-cycle  
membership-  
included group  
exercise  
classes

Blue classes  
are programs  
and require  
registration  
and an extra  
fee

Green classes  
are for Active  
Older Adult

**B**

Beginner  
classes, for all  
levels

**I**

Intermediate  
level classes

**A**

Advanced  
classes, for  
those with  
fitness  
experience

CYCLE ROOM

### TRX

7:30-8:30 PM  
Jesse

### GROUP CYCLE

9:00-9:45 AM  
Laura

### GROUP CYCLE

6:00-6:45 PM  
Lisa

### KARATE

7:00-8:00 PM  
Master Paul

### GROUP CYCLE

8:15-9:00 AM  
Kristin

### GROUP CYCLE

5:15-6:00 AM  
Frederick

### GROUP CYCLE

9:00-9:45AM  
Kendra

### GROUP CYCLE

6:10-6:55PM  
Heidi

### KARATE

7:00-8:00 PM  
Master Paul

### TRX

5:15-6:15AM  
Sean

### CYCLE & SCULPT

9:15-10:00AM  
Kristin

**CLASS DESCRIPTIONS** – Group exercise classes are for all levels of fitness. Inform the instructor if you are new to the Y, we are happy to show modifications for all levels of fitness.

**BOOTCAMP** – This high-energy program includes an intense cardiovascular workout and strength training drills– develops strength, stamina and agility. (B, I,A)

**GENTLE YOGA** – Perfect for all levels, this practice focuses the healing art Yoga on the student, while remaining deeply rooted of the vast treasury of the spirituality & wisdom within the yoga tradition. (B, I, A)

**GROUP CYCLE** – A high-energy class that simulates an actual ride targeting heart rate zone training, lower body strength, endurance, and lots of sweat. Appropriate music is played to help motivate you through the ride. (I, A)

**CYCLE & SCULPT**– Get your cardio and strength workout in with 30 minutes on the bike followed by weight training off the bike.

**HEAVY BAG** – A kickboxing style class that combines punching, kicking and body weight strength training for a full body workout. Gloves are strongly recommended. (I, A)

**HIIT** – HIIT is a form of interval training with an exercise strategy alternating periods of short intense exercise with less intense recovery periods. Intense cardiovascular exercise that improves athletic capacity and condition. Also improves fat burning and glucose metabolism. (I, A)

**INSANITY** – INSANITY is a cardio class based on max interval training. This class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. No equipment or weights needed. you don't have to be in extreme shape -- levels of each exercise are provided. Time to dig deep! (I, A)

**JUKIDO** – Learn the basics of Jukido, a form of Jujitsu, which means “the way of gentle, flowing power.” Jukido classes are a modern system of fitness stressing discipline, honor and loyalty. (B, I, A)

**KIDS FITNESS** – A group fitness class for kids ages 4-7 incorporating games, exercise, and FUN!

**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. (B, I, A)

**POWER HOUR** – An intense hour mixed with drills and strength training that will push you to your limit! (I, A)

**POWER YOGA** – You will be lead through a dynamic, powerful, playful practice that allows you to work at your own level. Delivers 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. (B, I, A)

**SILVER SNEAKERS CLASSIC** – The 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. (B)

**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.(B, I, A)

**TAI CHI FORM** – (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. (B, I, A)

**TAI CHI QIGONG** – Provides the same benefits as Tai Chi Form but includes exercising the mind through memorization, deep study and commitment. (I, A)

**YIN YOGA**– A practice that connects deeper connective tissues. It helps bring mobility to the joints, makes bones stronger and stimulates energy flow. (B, I, A)

**YOGA**– A multi-level class for both new and experienced students. Yoga will help cultivate self-awareness and stress reduction while exploring strength, flexibility and balance. Using breath work, alignment, postures, sequences and relaxation techniques, students will leave having learned tools to use for their life-long well-being. (B, I, A)

**YOGA FOR STRENGTH** – Yoga flow geared towards athletes to help with flexibility and recovery. (B, I, A)

**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. The name Zumba® is derived from a Columbian word meaning to move fast and have fun. (B, I, A)

**ZUMBA STEP**– A lower body workout that incorporates Zumba routines and step aerobics. (B, I, A)

**ZUMBA TONING** – Zumba Toning keeps Zumba's essence while focusing on strength training the arms, abs and thighs. (I, A)