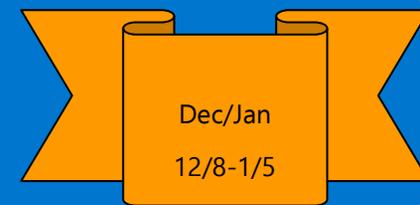


INDIAN VALLEY FAMILY YMCA

GROUP EXERCISE SCHEDULE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Dec/Jan

12/8-1/5

GROUP EXERCISE STUDIO

CYCLE ROOM

MONDAY

INSANITY - Kelli
5:15-6:00am

YOGA FOR STRENGTH
Kelli
6:00-6:30am

SILVER SNEAKERS
Mo
8:00-8:45am

ZUMBA STEP - Maria
9:15-10:00am

SILVER SNEAKERS
Glorimar
11:15-12:00pm

TAI CHI FORM -
Lucky
12:15-1:15pm

PICKLEBALL - Sean
(Vernon)
1:00-3:00pm

ZUMBA - Jay
5:00-5:45pm

STT - Glorimar
5:50-6:50pm

YOGA - Glorimar
7:00-8:00pm

KIDS ZUMBA -
Siobhan
5:45-6:30pm

TRX - Jesse
7:30-8:30pm

TUESDAY

STT - Heidi
5:15-6:15am

HEAVY BAG - Jesse
8:45-9:30am

GENTLE YOGA -
Sarita
10:00-11:00am

SILVER SNEAKERS
Mo
11:15-12:00pm

SENIOR BOXING
Ginny
12:15-1:00pm

BALLET FIT - Char
1:30-2:15 pm

JUJITSU - Master
Paul
5:30-6:30pm

ZUMBA TONING -
Rodolfo
6:30-7:30pm

GROUP CYCLE -
Kendra
9:00-9:45am

BEGINNER YOGA -
Sarita
11:15am-12:15pm

GROUP CYCLE - Lisa
6:00-6:45pm

KARATE
Master Paul
7:00-8:00pm

WEDNESDAY

PILATES - Lisa
9:00-9:45am

POWER HOUR -
Jesse
10:00-11:00am

SILVER SNEAKERS
Vicki
11:15-12:00pm

TAI CHI FORM -
Lucky
12:15-1:15pm

HIIT - Ginny
5:00-5:45 pm

ZUMBA - Rodolfo
6:00-7:00pm

STT - Rodolfo
7:15-8:15pm

GROUP CYCLE -
Frederick
5:15-6:00 am

THURSDAY

STT -Heidi
5:15-6:15am

SILVER SNEAKERS
Mo
8:00-8:45am

HIIT - Kristin
9:00-9:50am

GENTLE YOGA - Lori
10:00-11:00am

CHAIR YOGA - Lori
11:15-12:00pm

LINE DANCING -
Vicki
12:15-1:15pm

PICKLEBALL - Sean
(Vernon)
1:00-3:00pm

JUJITSU - Master
Paul
5:30-6:30pm

GENTLE/YIN YOGA
Linda
6:45-7:45pm

GROUP CYCLE -Fred
5:15-6:00am

GROUP CYCLE -
Kendra
9:00-9:45am

TAI CHI QIGONG -
Erin
4:15-5:15pm

GROUP CYCLE -Lisa
6:00-6:45pm

KARATE
Master Paul
7:00-8:00pm

FRIDAY

BOOTCAMP - Jesse
8:00-8:45am

POWER YOGA -
Sarah B.
9:00-10:00am

SILVER SNEAKERS
Mo
11:15-12:00pm

GROUP CYCLE -
Marshall/Emily
5:15-6:00am

SATURDAY

STT - Heidi
7:10-8:10am

Step - Tracy
8:15-9:00am

ZUMBA - Maria/
Laura
9:10-9:55am

ALL LEVELS YOGA -
Sarita
10:10-11:10am

EATING WELL -
1st WEEK OF THE
MONTH
8:15-9:00am
Heidi

GROUP CYCLE -
Laura K.
8:15-9:00am

GROUP CYCLE -
Heidi
9:30-10:15pm

SUNDAY

ZUMBA - Tressa
9:05-9:55am

BOOTCAMP - Lisa/
Kristin
10:00-11:00am

YOGA - Indora
11:00-12:00pm

GROUP CYCLE -
Andrea
9:15-10:00am

TRX - Jesse
10:30-11:30am

Modified: 12/9/19



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

BALLET FIT -Ballet training meets Pilates. A mix of upper and lower body moves to strengthen and tone. Begin standing utilizing a chair as your barre and end the class on your mat for core work and stretching. (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– High Intensity Interval Training

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. (I, A)

KIDS ZUMBA– A rockin', high-energy dance party ! The instructor breaks down steps using games, activities. Ages 4-10.

LINE DANCING - Learn how to line dance! A step by step guide to the tune of some great music. (B, I, A)

PILATES – Learn the subtleties of proper core engagement and be challenged to hold this engagement building your endurance. 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 KICK – A combination of heavy bag and strength! (I, A)

POWER YOGA – 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 – Help participants increase strength, range of motion, agility, balance and coordination utilizing various equipment including resistance bands and chairs. (B)

SILVER SNEAKERS CHAIR YOGA– Utilize breath techniques, mantra and mudra to center your energy and quiet your thoughts. Connecting breath with gentle movements and stretching to build strength, increase flexibility and balance.

SENIOR BOXING—Traditional boxing movements that will enhance stamina, agility and cardiovascular fitness through a fun and challenging circuit.

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