

INDIAN VALLEY FAMILY YMCA GROUP EXERCISE SCHEDULE

860.871.0008 – IndianValleyFamilyYMCA.org

* asterisk Indicates a class you must sign up for



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER I
SCHEDULE

1/6-2/16

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 *– Lori/Kelli
7:00–8:00pm

KIDS ZUMBA –Slobhan
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

CREATIVE MOVEMENT
4:00–4:45pm

HIIT – Ginny
5:00–5:45 pm

ZUMBA – Rodolfo
6:00–7:00pm

STT– Rodolfo
7:15–8:15pm

**YOGA FOR BALANCE &
MOVEMENT**
10:30–11:30am

BEGINNER BALLET
4:45–5:45pm

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

TAI CHI QIGONG –Erin
4:15–5:15pm

JUJITSU – Master Paul
5:30–6:30pm

GENTLE/YIN YOGA*
Linda
7:00–8:00pm

GROUP CYCLE –
Frederick
5:15–6:00am

GROUP CYCLE – Kendra
9:00–9:45am

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/Vicki
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
8:00–9:00am

BOOTCAMP – Lisa/
Kristin
9:30–10:30am

YOGA *– Indora
11:00–12:00pm

YOGA NIDRA *–Linda
4:30–5:30pm

GROUP CYCLE *–Andrea
9:00–10:00am

TRX – Jesse
10:30–11:30am

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CLASS DESCRIPTIONS

BEGINNER YOGA – Students will be introduced to the fundamental principles of basic posture alignment and breath- work.

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

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 (B, 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. (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 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.

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– Tai Chi QiGong uses visualization, breathing and body movement to guide the circulation of Qi as it moves through and around the body. (B, I, A)

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 Adults

"B"
Beginner classes,
for all levels

"I"
Intermediate level
classes

"A"
Advanced classes