



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: 5/29 - 6/24

	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	
		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				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				
			KID'S GROUP FITNESS! K 3:45-4:25PM RANDY/KRISTIN	TAI CHI - B I A 4:00-5:00PM LUCKY				
		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					
	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							
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!