



INDIAN VALLEY FAMILY YMCA GROUP EXERCISE SCHEDULE SUMMER 1

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

860 871 0008

www.indianvalleyfamilyYMCA.org

Summer 1: 6/12-7/23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
STUDIO	INSANITY 5:15-6:00AM KELLI		INSANITY 5:15-6:00AM KELLI			STEP 8:00-8:50AM MARIA	ZUMBA 9:10-9:50AM TRESSA	
	ZUMBA STEP 9:00AM-9:50AM MARIA	CARDIO KICK 9:00-10:00AM DANIELLE	BALLET FIT 9:00-9:50AM CHAR	SUPER SOLDIER 9:00-10:00AM CHAR	ZUMBA 9:00-9:45AM MIHAELA/MARIA	ZUMBA 9:00-9:45AM MARIA/LAURA		
	PILATES 10:15-11:00AM EMILY	GENTLE YOGA 10:15-11:15AM SARITA	POWER HOUR 10:00-11:00AM JESSE	GENTLE YOGA 10:15-11:15AM NOREEN	POWER YOGA 10:00-11:00AM MIHAELA	EATING WELL 9:15-10:00AM (WELLNESS CENTER) HEIDI	YOGA 11:00-12:00PM CAROLYN	
	SILVER SNEAKERS CLASSIC 11:15-12:00P JEN		SILVER SNEAKERS CIRCUIT 11:15-12:00PM CHAR		SILVER SNEAKERS CLASSIC 11:15-12:00PM JEN	ALL LEVELS YOGA 10:00-11:00AM SARITA		
		PILATES 5:00-5:45PM ALI		PICKLE BALL 12:30-2:00PM (IN VERNON) SEAN	SILVER SNEAKERS classes open to ALL MEMBERS!		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.	
	ZUMBA 5:00-5:45PM JAY	SUPER SOLDIER 6:00-6:45PM JEN O.		TAI CHI 3:30-4:45PM LUCKY				
	BOOTCAMP 6:00-7:00PM JEN P.		ZUMBA 5:30-6:30PM RODOLFO	YOGA 5:00-5:45PM CAROLYN				
			GENTLE YOGA 7:00-8:00PM NOREEN	POWER HOUR 6:00-7:00PM JEN P. / JESSE				
				EATING WELL 7:00-7:45PM (WELLNESS CENTER) HEIDI				
CYCLING		GROUP CYCLE 5:15-6:05AM MARSHALL		GROUP CYCLE 5:15-6:05AM FREDERICK		GROUP CYCLE 8:15-9:05AM LAURA	GROUP CYCLE 9:15-10:00AM ANDREA	
	GROUP CYCLE 9:15-10:00AM EMILY	GROUP CYCLE 9:15-10:00AM CHAR/KENDRA	CYCLE & SCULPT 9:15-10:05AM KELLI	GROUP CYCLE 9:15-10:00AM KENDRA	CYCLE & SCULPT 9:15-10:05AM JOY	GROUP CYCLE 10:15-11:00AM HEIDI		
	CYCLE 6:00-6:45PM ANDREA	GROUP CYCLE 6:00-6:45PM LAURA	GROUP CYCLE 6:00-6:45PM FREDERICK	GROUP CYCLE 6:00-6:45PM HEIDI				
POOL	WATER EXERCISE 9:30-10:15AM CHRISTINA	WATER EXERCISE 9:30-10:15AM JEN O.	AQUA STRETCH (warm water) 8:30-9:15am NOREEN	WATER EXERCISE 9:30-10:15AM CHRISTINA	WATER EXERCISE 9:30-10:15AM CHRISTINA	WATER EXERCISE 8:00-8:45AM LAURA/ CHRISTINA	AQUA ZUMBA 10:00-10:45 TRESSA	
			AQUA STRETCH (warm water) 9:30-10:15AM NOREEN					

*FACILITY HOURS : MON-FRI 5A-9P; SAT 7A-P; SUN 9A-4P