



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

\*FACILITY HOURS : MON-FRI 5A-10P; SAT 7A-7P; SUN 9A-6P