

# INDIAN VALLEY FAMILY YMCA GROUP EXERCISE SCHEDULE

860.871.0008 – IndianValleyFamilyYMCA.org



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

August 2020

GROUP EXERCISE

CYCLE

WATER EX

## MONDAY

**Bootcamp**  
Kate  
5:15am  
Outdoor—field

**Zumba Step**  
Maria  
9:15-10:00am  
Outdoor—parking lot

**Silver Sneakers**  
Glorimar  
11:15-12:00pm  
ID 956-1606-7467

**STT**  
Glorimar  
5:30-6:30pm  
Zoom  
ID 922-0480-0718  
OR  
Indoor—group ex  
\*limit 6

## TUESDAY

**STT**  
Heidi  
5:15-6:15am  
Indoor—group ex

**Silver Sneaker**  
Mo  
11:15-12:00pm  
Zoom  
ID 997-5694-0246  
OR  
Indoor—group ex

## WEDNESDAY

**Bootcamp**  
Kate  
5:15am  
Outdoor—field

**Strength + Conditioning**  
Jesse  
9:00-9:45am  
Outdoor—field

**Silver Sneakers**  
Mo  
10:15-11:00am  
Outdoor—parking lot

**ZUMBA**  
Rodolfo  
5:30-6:30pm  
ID 981-8954-4764

## THURSDAY

**Silver Sneakers**  
Mo  
11:15-12:00pm  
Zoom  
ID 970-9403-6432  
OR  
Indoor—group ex

**Gentle/Yin Yoga**  
Linda  
7:00-8:00pm  
ID 918-2224-3936

## FRIDAY

**Bootcamp**  
Jesse  
7:45-8:30am  
Indoor—group ex

**Power Yoga**  
Sarah B.  
8:45-9:45am  
Indoor—group ex

## SATURDAY

**STT**  
Heidi  
7:15-8:15am  
Indoor—group ex

**Zumba**  
Maria/Laura  
9:15-10:00am  
Outdoor—parking lot

## SUNDAY

**Zumba**  
Tressa  
8:00-9:00am  
Outdoor  
\*Inclimate weather via Zoom  
ID 972-4109-7490

**Yoga**  
Indora  
11:00-12:00pm  
ID 917-3028-2333

**GROUP CYCLE**  
Kendra  
9:00-9:45am  
Outdoor—parking lot

**GROUP CYCLE**  
Lisa  
6:00-6:45pm  
Outdoor—parking lot

**GROUP CYCLE**  
Frederick  
5:30-6:15am  
Outdoor—parking lot  
\*ends 8/12

**GROUP CYCLE**  
Lisa  
6:00-6:45pm  
Outdoor—parking lot

**GROUP CYCLE**  
Frederick  
5:30-6:15am  
Outdoor—parking lot  
\*ends 8/14

**GROUP CYCLE**  
Andrea  
8:45-9:30am  
Outdoor—parking lot

**GROUP CYCLE**  
Andrea  
9:00-9:45am  
Outdoor—parking lot

**Water Exercise**  
Maria  
9:00-9:45am  
Lap Pool  
\*limit 12  
Sign up required

**Water Exercise**  
Maria  
9:00-9:45am  
Lap Pool  
\*limit 12  
Sign up required

**Aqua Zumba**  
Laura/Maria  
8:00-8:45am  
Lap Pool  
\*limit 12  
Sign up required

**Zoom**  
passwords are  
"IVx:xxA/P"  
example:  
IV10:15a