

INDIAN VALLEY FAMILY YMCA GROUP EXERCISE SCHEDULE

860.871.0008 – IndianValleyFamilyYMCA.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

September 2020

GROUP EXERCISE

CYCLE

WATER EX

MONDAY

Bootcamp
Kate
5:15am
Outdoor—field

Zumba Step
Maria
9:15–10:00am
Outdoor—parking lot
OR
Indoor—group ex

Beginner Boxing
Ginny
11:15am–12:00pm
Indoor—group ex
*limit 6

STT
Glorimar
5:30–6:30pm
Indoor—group ex
*limit 6

TUESDAY

STT
Heidi
5:15–6:15am
Indoor—group ex

Silver Sneaker
Mo
10:15–11:00am
Zoom
ID 997-5694-0246
OR
Indoor—group ex

GROUP CYCLE
Lisa
9:00–9:45am
Indoor—child watch

GROUP CYCLE
Kendra
6:00–6:45pm
Indoor—child watch

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

WEDNESDAY

Bootcamp
Kate
5:15am
Outdoor—field

Strength + Conditioning
Jesse
9:00–9:45am
Indoor—group ex
*limit 9

Silver Sneakers
Mo
10:15–11:00am
Indoor—group ex

Zumba
Rodolfo
5:30–6:30pm
ID 981-8954-4764

GROUP CYCLE
Lisa
6:00–6:45pm
Indoor—child watch

THURSDAY

Silver Sneakers
Mo
10:15–11:00am
Zoom
ID 970-9403-6432
OR
Indoor—group ex

GROUP CYCLE
Lisa
6:00–6:45pm
Indoor—child watch

FRIDAY

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

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

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

SATURDAY

STT
Heidi
7:15–8:15am
Indoor—group ex

Zumba
Laura
9:15–10:00am
Outdoor—parking lot

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

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

SUNDAY

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

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

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