

INDIAN VALLEY FAMILY YMCA GROUP EXERCISE SCHEDULE

860.871.0008 - IndianValleyFamilyYMCA.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GROUP EXERCISE

CYCLE

WATER EX

MONDAY

- Bootcamp**
Kate
5:15am
Indoor-group ex
- Silver Sneakers Stretch & Strength**
Mo
8:00-8:45am
Indoor-group ex
- Zumba Step**
Maria
9:15-10:00am
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 Classic**
Mo
10:15-11:00am
Zoom
ID 997-5694-0246
OR
Indoor-group ex

WEDNESDAY

- Bootcamp**
Kate
5:15am
Indoor-group ex
- Strength + Conditioning**
Jesse
9:00-9:45am
Indoor-group ex
*limit 9
- Silver Sneakers Classic**
Mo
10:15-11:00am
Indoor-group ex
- Silver Sneakers Strength & Balance**
Mo
11:15am-12:00pm
Indoor-group ex
- Gentle Yoga**
Sarita
4:00-5:00pm
ID 956-3893-0788
- Zumba**
Rodolfo
5:30-6:30pm
ID 981-8954-4764

THURSDAY

- Silver Sneakers Classic**
Mo
9:00-9:45am
Indoor-group ex
- Silver Sneakers Core**
Mo
10:15-11:00am
Zoom
ID 970-9403-6432
OR
Indoor-group ex
- HIIT**
Sarah P.
5:30-6:15pm
Indoor-Outdoor

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**
Laura
9:15-10:00am
Outdoor-parking lot

SUNDAY

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

GROUP CYCLE
Lisa
9:00-9:45am
Indoor-child watch

GROUP CYCLE
Kendra
6:00-6:45pm
Indoor-child watch

GROUP CYCLE
Lisa
6:00-6:45pm
Indoor-child watch

GROUP CYCLE
Kendra
9:00-9:45am
Indoor-child watch

GROUP CYCLE
Lisa
6:00-6:45pm
Indoor-child watch

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 Stretch
Anneliese
9:00-9:45am
Warm Water Pool
*limit 10
Sign up required
*starts 10/17

Water Exercise
Maria
9:00-9:45am
Warm Water 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