

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
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

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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 Indoor-child watch

Water Exercise Maria 9:00-9:45am Lap Pool *limit 12 Sign up required
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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
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Aqua Zumba Laura/Maria 8:00-8:45am Lap Pool *limit 12 Sign up required
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Zoom
passwords are
"IVx:xxA/P"
example:
IV10:15A