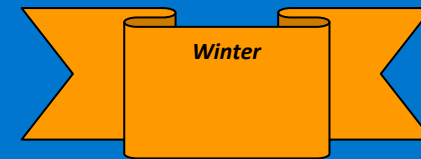


INDIAN VALLEY FAMILY YMCA GROUP EXERCISE SCHEDULE

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
ID 937-5007-3138

Zumba Step
Maria
9:15-10:00am
Indoor-group ex
ID 936-1321-3388

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

Silver Sneaker Classic
Glorimar
12:15-1:00pm
Indoor-group ex
ID 922-6722-3272

STT
Glorimar
5:30-6:30pm
Indoor-group ex
*limit 6
ID 948-2451-5774

TUESDAY

STT
Heidi
5:15-6:15am
Indoor-group ex
ID 914-8461-4851

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 8
Sign up required

WEDNESDAY

Strength + Conditioning
Jesse
9:00-9:45am
Indoor-group ex
*limit 9
ID 993-3670-6434

Silver Sneakers Classic
Mo
10:15-11:00am
Indoor-group ex
ID 953-3501-6485

Silver Sneakers Strength & Balance
Mo
11:15am-12:00pm
Indoor-group ex
ID 967-5642-5436

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

THURSDAY

Silver Sneakers Classic
Mo
9:00-9:45am
Indoor-group ex
ID 928-1457-9865

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

Water Exercise
Maria
9:00-9:45am
Warm Water Pool
*limit 8
Sign up required

FRIDAY

Bootcamp
Jesse
7:45-8:30am
Indoor-group ex
ID 957-2321-9956

Power Yoga
Sarah B.
8:45-9:45am
Indoor-group ex
ID 944-3592-5878

Silver Sneakers Core
Mo
10:15-11:00am
Indoor-group ex
ID 978-7791-5699

Water Exercise
Maria
9:00-9:45am
Lap Pool
*limit 8
Sign up required

SATURDAY

STT
Heidi
7:15-8:15am
Indoor-group ex
ID 957-2994-8611

Zumba
Laura
9:15-10:00am
Indoor-group ex
ID 967-6584-2961

GROUP CYCLE
Andrea
8:45-9:30am
Indoor-child watch

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

SUNDAY

Zumba
Tressa
8:00-9:00am
ID 919-8433-0446

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