

INDIAN VALLEY FAMILY YMCA GROUP EXERCISE SCHEDULE

860.871.0008 - IndianValleyFamilyYMCA.org

*Class sizes limited to 15 unless otherwise noted

*Indicates a class you must reserve by calling ahead up to 24hrs or visiting our welcome desk



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Spring!
Starts
4/5/21

GROUP EXERCISE

CYCLE

WATER EX

MONDAY

BOOTCAMP

Kate
5:15am
Indoor-group ex
ID 937-5007-3138

STEP

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

SILVER SNEAKERS 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

**JUKIDO
SELF DEFENSE**
5:30-6:30PM
Fee-based
Registration 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 930-5020-5720

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

Frederick
5:15-6:00am
Indoor-child watch

GROUP CYCLE

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

FRIDAY

BOOTCAMP

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

CARDIO/CORE

Mo *
10:15-11:00am
Indoor-group ex
ID 978-7791-5699

SATURDAY

STT

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

ZUMBA

Laura
9:00-9:45am
Indoor-group ex
ID 960-0226-9771

GROUP CYCLE

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

AQUA ZUMBA

Laura *
8:00-8:45am
Lap Pool
*limit 10
Sign up required

SUNDAY

ZUMBA

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

KIDS FITNESS

Kristin *
9:30-10:15am
Indoor-group ex

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

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CLASS DESCRIPTIONS

BOOTCAMP – This high-energy program includes an intense cardiovascular workout and strength training drills– develops strength, stamina and agility. (I,A)

CARDIO/CORE– Enjoy this mix of exercises to strengthen your core and get your heart rate up. (B, I)

GROUP CYCLE – A high-energy class that simulates an actual ride targeting heart rate zone training, lower body strength, endurance, and lots of sweat. Appropriate music is played to help motivate you through the ride. (I, A)

KIDS FITNESS– Organized games and activities to get your 6-12 year old moving, class held outside when appropriate.

SILVER SNEAKERS CLASSIC – Participants increase strength, range of motion, agility, balance and coordination utilizing various equipment including resistance bands and chairs. (B, I)

SILVER SNEAKERS STRENGTH & BALANCE– Learn how to use a balance cushion to make you stronger and more stable! (B,I)

STRENGTH & CONDITIONING – An intense hour mixed with drills and strength training that will push you to your limit! (I, A)

STT– Strength Train Together is a cardio-based strength training program that targets each major muscle group. It's a great way to build cardiovascular strength, improve bone density and tone lean muscle mass. (B, I, A)

ZUMBA – Zumba® is a fitness program inspired by Latin dance. Zumba® consists of Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. The name Zumba® is derived from a Colombian word meaning to move fast and have fun. (B, I, A)

WATER EXERCISE–Low impact total body workout designed to improve flexibility, range of motion and muscle toning. (B, I)

AQUA STRENGTH–Full body workout using water and weights for resistance to tone muscles, increase endurance and flexibility. (I, A)

AQUA ZUMBA– Combines Latin and American music for a low impact, high energy pool party! (B, I, A)

Purple CYCLING CLASSES

BLUE LAND EXERCISE CLASSES

GREEN ACTIVE OLDER ADULTS

ORANGE WATER EXERCISE CLASSES

BLACK Fee-based program that requires registration

"B"
Beginner classes,
for all levels

"I"
Intermediate level
classes

"A"
Advanced classes