

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



GROUP EXERCISE

CYCLE

WATER EX

MONDAY

BOOTCAMP

Kate
5:15am
Indoor-group ex

STEP

Maria
9:00-10:00am
Indoor-group ex

BEGINNER BOXING

Ginny *
11:00-11:45am
Indoor-group ex

SILVER SNEAKERS CLASSIC

Glorimar *
12:15-1:00pm
Indoor-group ex

STT

Glorimar
5:30-6:30pm
Indoor-group ex

TUESDAY

STT

Heidi
5:15-6:15am
Indoor-group ex

INTRO TO YOGA

Erin *
10:00-10:45am
Indoor-group ex

PICKLEBALL

Sean
10:00am-12:00pm
Outside-basketball court

JUKIDO SELF DEFENSE
5:30-6:30PM
Fee-based
Registration Required

GROUP CYCLE

Lisa
9:00-9:45am
Indoor-group ex

GROUP CYCLE

Kendra
6:00-6:45pm
Indoor-group ex

WATER EXERCISE

Maria *
9:00-9:45am
Lap Pool
*limit 20
Sign up required

WEDNESDAY

BOOTCAMP

Kate
5:15am
Indoor-MX4 area

STRENGTH + CONDITIONING

Jesse
9:00-9:45am
Indoor-group ex

SILVER SNEAKERS CLASSIC

Mo *
10:15-11:00am
Indoor-group ex

SILVER SNEAKERS STRENGTH & BALANCE

Mo *
11:15am-12:00pm
Indoor-group ex

ZUMBA

Rodolfo
5:30-6:30pm
Indoor-group ex

PICKLEBALL

Sean
4:00-6:00pm
Outside-basketball court

THURSDAY

KICKBOXING

Jesse
7:45-8:45am
Indoor-group ex
*gloves recommended

SILVER SNEAKERS CLASSIC

Mo *
9:00-9:45am
Indoor-group ex

PICKLEBALL

Sean
10:00am-12:00pm
Outside-basketball court

ZUMBA TONING

Rodolfo
5:00-5:45pm
Indoor-group ex

GENTLE YOGA

Linda
6:00-6:50am
Indoor-group ex

GROUP CYCLE

Frederick
5:15-6:00am
Indoor-group ex

GROUP CYCLE

Lisa
6:00-6:45pm
Indoor-group ex

AQUA STRENGTH

Maria *
9:30-10:15am
Lap Pool
*limit 8
Sign up required

FRIDAY

BOOTCAMP

Jesse
7:45-8:30am
Indoor-group ex

YOGA FOR BETTER BALANCE

Sarita *
10:00-11:00am
Indoor-group ex

SATURDAY

STT

Heidi
7:15-8:15am
Indoor-group ex

ZUMBA

Laura
9:00-10:00am
Indoor-group ex

ALL LEVELS YOGA

Sarita *
10:15-11:15am
Indoor-group ex

GROUP CYCLE

Andrea
8:30-9:15am
Indoor-child watch

AQUA ZUMBA

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

SUNDAY

ZUMBA

Tressa
8:00-9:00am
Indoor-group ex
OR
Outside- weather permitting

BOOTCAMP

Andrea
9:15-10:15am
Indoor-group ex

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CLASS DESCRIPTIONS

ALL LEVELS YOGA—Join Sarita for a slow-paced gentle flow Yoga class. (B, I, A)

BEGINNER BOXING— Step by step instruction using the heavy bag for a full body workout. (B, I)

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

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)

INTRO TO YOGA— Join Erin for a step by step introduction to the basics of beginner Yoga. (B, I,)

KICKBOXING— An intense full body workout using the heavy bag. (I, A)

PICKLEBALL— Pickleball is a blend of tennis and badminton, usually played in doubles. It's fun and accessible to all ages and skill levels. (B, I, A)

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 Columbian word meaning to move fast and have fun. (B, I, A)

ZUMBA TONING— Zumba Toning combines the moves inspired by Latin Dance and incorporates weights to tone and sculpt muscles.

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