

INDIAN VALLEY FAMILY YMCA GROUP EXERCISE SCHEDULE

860.871.0008 - IndianValleyFamilyYMCA.org

*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

December
12/5/21

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

Marilyn *
12:15-1:00pm
Indoor-group ex
*Limit 20

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
*Limit 20

PICKLEBALL

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

KEEP IT MOVIN'

Ginny
11:00-12:00PM
Indoor-group ex

JUKIDO SELF DEFENSE

5:30-6:30PM
Fee-based
Registration 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
*Limit 20

SILVER SNEAKERS BOOM MOVE

Mo *
11:15am-12:00pm
Indoor-group ex
*Limit 20

ZUMBA

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

PICKLEBALL

Sean
3:00-4:30pm
Outside-basketball court

THURSDAY

KICKBOXING

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

SILVER SNEAKERS CORE & BALANCE

Mo *
9:00-9:45am
Indoor-group ex
*Limit 20

PICKLEBALL

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

ZUMBA TONING

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

GENTLE YOGA

Linda
6:40-7:40pm
Indoor-group ex

FRIDAY

BOOTCAMP

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

SILVER SNEAKERS CLASSIC

Donna *
9:00-9:45am
Indoor-group ex
*Limit 20

YOGA FOR BETTER BALANCE

Sarita *
10:00-11:00am
Indoor-group ex
*Limit 20

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
*Limit 20

SUNDAY

ZUMBA

Tressa
8:00-9:00am
Indoor-group ex

BOOTCAMP

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

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CLASS DESCRIPTIONS

ALL LEVELS YOGA/GENTLE YOGA—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 — Join our SPIN® instructors for a high-energy class that will build strength and endurance on our Spinner® bikes.

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

KEEP IT MOVIN' — Join Ginny for a total body workout to “keep you in the game!” (B, I, A)

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. *weather permitting*

SILVER SNEAKERS BOOM MOVE— A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun! (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 CORE & BALANCE— Learn how to use a balance cushion to make you stronger and more stable. (B, I)

STEP— Cardio training using the step to work out every muscle in your body! (B, I, A)

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)

YOGA FOR BETTER BALANCE— A blend of yoga and Qi Gong designed for fall prevention. (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)

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

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

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

WATERinMOTION® Strength —Full body workout using water and weights for resistance to tone muscles, increase endurance and flexibility. (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