

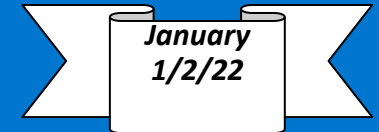
INDIAN VALLEY FAMILY YMCA GROUP EXERCISE SCHEDULE

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



GROUP EXERCISE

CYCLE

WATER EX

MONDAY

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

KEEP IT MOVIN'
Ginny
11:05-12:05PM
Indoor-group ex

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

WEDNESDAY

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

THURSDAY

KICKBOXING
Jesse
7:45-8:30am
Indoor-group ex
*gloves recommended

SILVER SNEAKERS CORE & BALANCE
Mo *
9:00-9:45am
Indoor-group ex
*Limit 20

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

GENTLE YOGA
Erin
6:40-7:40pm
Indoor-group ex
*class starts 1/13

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

KIDS FITNESS
Laura
9:30-10:30
Indoor-group ex
*class starts 1/9

Follow us:
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for Pop Up
Classes!

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

GROUP CYCLE
Lisa/Andrea
7:30-8:15am
Indoor-child watch

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

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

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

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

AQUA ZUMBA
Marie
9:00-9:45am
Lap Pool

WATER EXERCISE
Maria
9:00-9:45am
Lap Pool

WATER IN MOTION STRENGTH
Maria
9:30-10:15am
Lap Pool

WATER EXERCISE
Maria
9:00-9:45am
Lap Pool

AQUA ZUMBA
Laura
8:00-8:45am
Lap Pool

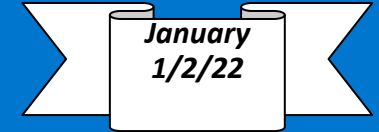
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CLASS DESCRIPTIONS

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,)

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

KIDS FITNESS— Games, activities and challenges for kids 6+ (K)

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 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.

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
KID FRIENDLY

BLACK
Fee-based
program that
requires
registration

“B”
Beginner classes,
for all levels

“I”
Intermediate level
classes

“A”
Advanced classes