



GROUP EXERCISE SCHEDULE (Segment 2: February 18 – April 14)

Studio AB / C / D

BLUE = Beginner **GREEN = Multi-Level** **RED = Intermediate/Advanced**
ORANGE = Active Older Adult **PURPLE = Youth/Family**
AB = Studio AB **C = Studio C** **D = Studio D**
\$ Paid Registration Required at the Courtesy Desk

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|---|---|--|--|
| 5:00 AM | | | | | | |
| 5:15 - Cycle/Boot Camp Fusion 50 min - D - Gayle | 5:15 - Cycle/Tabata Fusion 45 min - D - Gayle | 5:15 - Group Cycle 45 min - D - Stephanie B | 5:15 - Cycle/Tabata Fusion 45 min - D - Gayle | 5:15 - Group Cycle 45 min - D - Stephanie B | | |
| 5:30 - Boot Camp 45 min - AB - Amanda | 5:30 - TBC 45 min - C - Liz B | 5:30 - Boot Camp 45 min - AB - Amanda | 5:30 - TBC 45 min - C - Liz B | 5:30 - Boot Camp 45 min - AB - Amanda | | |
| 6:00 AM | | | | | | |
| 6:00 - Step & Sculpt 45 min - C - Martha | | 6:00 - Step & Sculpt 45 min - C - Martha | | 6:00 - Step & Sculpt 45 min - C - Martha | | |
| 7:00 AM | | | | | | |
| | | | | | 7:00 - Tae Kwon Do 60 min - AB \$ Paid by Segment | |
| | | | | | 7:30 - Cycle Xpress 30 min - D- Danielle | |
| 8:00 AM | | | | | | |
| 8:00 - Silver Sneakers® Classic 45 min - AB - Karen | 8:00 - Strength Training 50 min - AB - Instructor | 8:00 - Silver Sneakers® Classic 45 min - AB - Karen | 8:00 - Strength Training 50 min - AB - Gayle | 8:00 - Silver Sneakers® Classic 45 min - AB - Julie | 8:00 - Boot Camp/STRONG® Rotation 50 min - AB - Varies | |
| 8:10 - Group Cycle ** 50 min - D - Stephanie B | 8:00 - WERQ® 60 min - C - Michelle R. | 8:00 am - Cycle/Boot Camp Fusion ** 60 min - D - Jen D. | 8:00 - WERQ® 60 min - C - Michelle R. | | 8:30 - Group Cycle ** 60 min - D - Kristin H. | |
| 9:00 AM | | | | | | |
| 9:00 - Dance Fitness 50 min - AB - Irma | 9:00 - TBC 60 min - AB - Cariann | 9:00 - Zumba® Toning 50 min - AB - Debbie | 9:00 - TBC 60 min - AB - Cariann | 9:00 - Zumba® 50 min - AB - Patricia | 9:00 - Zumba® 50 min - AB - Jaime | |
| 9:00 - TBC 60 min - C - Kristin R | 9:10 - WERQ® 50 min - C - Angie | 9:10 - TBC 50 min - C - Joyce | 9:10 - WERQ® 50 min - C - Angie | 9:00 - TBC 60 min - C -Crystal | 9:00 - Kids Fitness 50 min - C - Becky/Pam | |
| 9:15 - Cycle/Boot Camp Fusion ** 60 min - D - Cariann | 9:00 - TRX® Circuit 45 min - D - Jen \$ Paid by Segment | 9:15 - Cycle with Strength** 60 min - D - Liz B | 9:15 - Cycle Xpress 30 min - D- Lorrie | 9:00 - Cycle/Boot Camp Fusion ** 60 min - D - Jen D. | | |
| 10:00 AM | | | | | | |
| 10:10 - Women's Strength 50 Min - AB - Carrie | 10:00 - Beginner Cycle 45 min - D - Nadine | 10:10 - Women's Strength 50 min - AB - Anne | 10:00 - Beginner Cycle 45 min - D - Mike | 10:10 - Women's Strength 50 min - AB - Shannon | 10:00 - Strength Training 50 min - AB - Cathy/Shannon | |
| 10:10 - R.I.P.P.E.D. for Beginners 50 min - C - Irma | 10:10 - BOOM 60 min AB - Tricia | 10:10 - R.I.P.P.E.D. for Beginners 50 min - C - Irma | 10:10 - 20/20/20 60 min AB - Linda T | 10:10 - R.I.P.P.E.D. for Beginners 50 min - C - Irma | 10:00 - R.I.P.P.E.D. for Beginners 50 min - C - Becky/Pam | |
| | 10:10 - Boot Camp 50 Min - C - Jen D. | | 10:10 - Boot Camp 50 Min - C - Jen D. | | 10:00 - TRX® Level 1 45 min - D - Irma \$ Paid by Segment | |
| 11:00 AM | | | | | | |
| | 11:20 - Strength Training 45 min - AB - Tricia | 11:00 - Uplifting Women 45 min - D - Kristin R Registration Required | 11:20 - Strength Training 45 min - AB - Nadine | | 11:00 - Rumble with Strength 60 min - AB - Irma | 11:15 - Super Cycle 90 min - D - Alicia |

SIGN-IN SHEET System for MARKED ** CLASSES:

1. Sign-up sheet will be set out on the Wellness Desk 30 minutes prior to class starting time. Only one name can be recorded per person.
2. The instructor will pick up the list prior to class start time and **will call members in by name in the order they signed in on the sheet.** You will enter the Studio after your name is called. If you are not in the Studio when class begins, your spot will not be held.
3. All open spots at the class start time are first come, first served.

FIRST COME, FIRST SERVED POLICY:

1. Line up in order of arrival. Be respectful, do not save space for others or use personal items (water bottles, bags, etc.) to save space in lines.
2. When the instructor arrives and is ready to start class, they will ask participants to enter in order of arrival.
3. Exit the studio when the class is over. Note: All participants must exit the studio even if they plan to attend the next class.
4. **If the studio door is closed do not enter.**

INSTRUCTOR SUBSTITUTION POLICY:

When unable to attend class, instructors are required to find a substitute instructor that will teach a comparable class. Class cancellations will be avoided. Due to the volume and unpredictability of instructor substitutions the Wellness Department is unable to communicate these changes to our members.

NOTES:

- Age requirement: 14 and up. 10 - 13 year olds are welcome to attend classes WITH PARENT/GUARDIAN.
- The YMCA reserves the right to cancel or change a class if minimum participation is not met.

11:30 - Wellness Ctr
101 - 60 min -
Wellness Desk -
Stefannie R
Registration Required

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PROGRAMS...
UPDATES...
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WE NOW HAVE AN
APP FOR THAT!**



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|---|--|---|--|
| 12:00 Noon | | | | | | |
| 12:15 - Zumba® Gold 50 min - AB - Tonia | 12:00 - Pickleball 150 min - Gym Self-Led | 12:15 - Zumba Gold 50 min - AB - Linda T (NEW) | 12:00 - Pickleball 150 min - Gym Self-Led | 12:15 - Zumba® Gold 50 min - AB - Tonia | | 12:00 - Strength Training 45 min - AB - Crystal/ Danielle |
| 12:15 - Cycle Xpress 30 min - D - Jen | 12:15 - Rock Steady Boxing® - AB \$ Paid - St. Mary | 12:15 - Cycle Xpress 30 min - D - Jen | 12:15 - Rock Steady Boxing® - AB \$ Paid - St. Mary | | | 12:30 - Free Weights for Youth 60 min - Wellness Desk- Stefannie Registration Required |
| | | | | | | 12:30 - Pickleball 90 min - Gym Self-Led |
| 1:00 PM | | | | | | |
| 1:15 - Silver Sneakers® Classic 45 min - AB - Karen | | 1:00 - Pickleball 90 min - Gym Self-Led | | 1:15 - Silver Sneakers® Classic 45 min - AB - Kristin R. | | |
| 1:15 - Strength Training 50 min - C - Nadine | | 1:15 - Silver Sneakers® Stability 45 min - AB - Nadine | | | | |
| | | 1:15 - Strength Training 50 min - C - Lizz G | | | | |
| 2:00 PM | | | | | | |
| 2:15 - Strengthen, Balance, & Heal 45 min - AB - Kathryn | 2:00 - Silver Sneakers® Yoga 45 min - AB - Anita | 2:15 - Silver Sneakers® Yoga 45 min - AB - Nadine | 2:00 - Silver Sneakers® Yoga 45 min - AB - Anita | | | 2:00 - Pound® 45 min - AB - Becky/Pam |
| 3:00 PM | | | | | | |
| | | | | | | 3:00 - Zumba® 60 min - AB Patricia/Rita |
| | | | | | | 3:00 - Kids Fitness 60 min - C - Becky/Pam |
| 4:00 PM | | | | | | |
| 4:30 - Kids Fitness 30 min - Gym - Pam | 4:00 - Strength Training 50 min - C - Linda K | 4:00 - R.I.P.P.E.D. 50 min - AB - Pam | 4:00 - Strength Training 50 min - C - Linda K | | 4:00 - Jiu Jitsu 120 min - AB \$ Paid by Segment | |
| | 4:10 - WERQ®/Zumba® Jam 50 min - AB - Michelle R. | | 4:10 - WERQ®/Zumba® Jam 50 min - AB - Michelle R. | | | |
| 5:00 PM | | | | | | |
| 5:00 - Zumba® 50 min - AB - Patricia | 5:10 - TBC 50 min - AB - Cathy | 5:00 - Zumba® 50 min - AB - Rita | 5:10 - Triple Power 50 min - AB - Michelle R. | 5:00 - STRONG® 50 min - C - Cathy | | |
| 5:15 - Strength Xpress 30 min - C - Christina | 5:20 - Zumba® Gold-Toning 50 min - C - Becky | 5:15 - Strength Xpress 30 min - C - Christina | 5:20 - Zumba® Gold-Toning 50 min - C - Becky | | | |
| 5:30 - Cycle with Strength 50 min - D - Lorrie | 5:30 - Group Cycle 50 min - D - Kristin H. | 5:30 - Cycle/Boot Camp Fusion ** 60 min - D/C - Cariann | | | | |
| 6:00 PM | | | | | | |
| 6:00 - TBC 50 min - AB - Instructor | 6:05 - Tae Kwon Do 60 min - AB \$ Paid by Segment | | 6:05 - Tae Kwon Do 60 min - AB \$ Paid by Segment | 6:00 - Cycle/Boot Camp Fusion 60 min - D/C - Instructor | | |
| 6:00 - Drumming/Pound® Fusion 50 min -C- Jaime | 6:20 - R.I.P.P.E.D. 60 min - C - Irma | | 6:20 - R.I.P.P.E.D. 60 min - C - Irma | 6:00 - Wellness Center 101 - 60 min Wellness Desk - April Registration Required | | |
| 6:30 - Cycle Xpress 30 min - D - Joy | 6:30 - TRX® Level 1 45 min - D - Cathy \$ Paid by Segment | | 6:30 - Cycle Xpress 30 min - D - Joy | | | |
| 7:00 PM | | | | | | |
| 7:00 - Boot Camp 50 min - AB - Jay | 7:05 - Tae Kwon Do 60 min - AB \$ Paid by Segment | 7:00 - Boot Camp 50 min - AB - Jay | 7:15 - Uplifting Women 45 min - D - Lizz G Registration Required | | | |
| 7:00 - Zumba® Toning 50 min - C - Cathy | | 7:00 - Zumba® Toning 50 min - C - Cathy | | | | |
| 8:00 PM | | | | | | |
| 8:00 - Jiu Jitsu 120 min - AB \$ Paid by Segment | | 8:00 - Jiu Jitsu 120 min - AB \$ Paid by Segment | | | | |