



VALPARAISO FAMILY YMCA GROUP EX SCHEDULE FALL 2024

1201 Cumberland Crossing Dr
Valparaiso, IN 46383
219.462.4185

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM		Cycle with Strength Studio D/C Joy B 5:15am - 6am	Boot Camp Studio AB Courtney G 5:15am - 6am	Cycle Tabata Fusion Studio D/C Jazz 5:15am - 6am	Boot Camp Studio AB Courtney G 5:15am - 6am		
	Cycle with Strength Studio D Stephanie B 5:15am-6am	WERQ® Studio AB Chelsea O 5:30am-6:20am		WERQ® Studio AB Chelsea O 5:30am-6:20am			
6AM	Step & Sculpt Studio C Martha L 6am-6:45am		Step & Sculpt Studio C Martha L 6am-6:45am		Stretch, Flex & Balance Studio C Martha L 6am-6:30am		
7AM							
8AM	TRX® Studio D Melissa K 8am-8:45am	TRX®/Bodyweight Studio D Brain L 8:15am-9am	Pliates Matwork Studio E Claudia M 7:55am-8:50am	Kettlebell/TRX® Studio D Jen D 8am-8:45am	SilverSneakers® Classic Studio AB Julie P 8am-8:45am	WERQ® Studio AB Shana M/Vicky S 8am-8:50am	
	SilverSneakers® Classic Studio AB Mike J 8am-8:45am	Beginner Yoga Studio E Linda K 7:55am-8:50am	Cycle with Strength Studio D Jen D 8am-9am	Beginner Yoga Studio E Linda K 7:55am-8:50am	TRX® Studio D Melissa K 8am-8:45am		
	Aquanastics Leisure Pool 8:30am-9:15am		SilverSneakers® Classic Studio AB Pam M 8am-8:45am		Beginner Yoga Studio E Linda K 7:55am-8:50am		

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9AM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Aquanastics Leisure Pool 8:30am-9:15am				
SHiNE/WERQ® Studio AB Melissa M 9am-10am	WERQ® Studio AB Shana M/Cathy G 9am-10am	Dance Fitness/ WERQ® Studio C Cathy G 9am-9:50am	SHiNE/WERQ® Studio AB Shana M/Missy M 9am-10am	Cycle with Strength Studio D Stephanie B 9am-10am	Cycle with Strength Studio D Diane A 9am-10am	
Cycle with Strength Studio D Cariann T 9am-10am	Yoga Studio E Linda K 8:55am-9:50am	TBC Studio AB Joyce R 9am-9:50am	Yoga Studio E Linda K 8:55am-9:50am	Zumba® Studio AB Patricia C 9am -9:50am	Zumba® Studio AB Jaime B 9am-9:50am	
Pilates Reformer Level 1 (Paid Class) Studio F Kristen C 9am - 9:45am		Yoga Studio E Brittany 8:55am-9:50am		Pilates Reformer w/ Props (Paid Class) Studio F Alia H 9:30am - 9:45am	Yoga Studio E Carrie/Kya Rotation 9:00am-10:05am	
Yoga Studio E Alia H 8:55am-9:50am	Boot Camp Studio C Courtney G 9:15am-10:05am	Pilates Reformer w/ Props (Paid Class) Studio F Kristen C 9am - 9:45am	Cycle with Strength Studio D Shannon C 9:15am-10:15am	Advanced Yoga Studio E Linda K 8:55am-9:50am	Advanced Pilates Reformer (Paid Class) Studio F Robyn J 9am - 9:45am	
Core & More Cherryl D Studio C 9am-9:50am	Deep Water Fitness Lap Pool 9am-10am		Deep Water Fitness Lap Pool 9am-10am	Boot Camp Studio C Courtney G 9:00am-9:45am		
Active Fitness Lap Pool 9am-9:45am	Cycle w/ Strength Shannon C Studio C 9:15am-10:15am	Active Fitness Lap Pool 9am-9:45am		Active Fitness Lap Pool 9am-9:45am		
Active Fitness Lap Pool 9:50am-10:35am		Active Fitness Lap Pool 9:50am-10:35am		Active Fitness Lap Pool 9:50am-10:35am		

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9AM	Aqua Arthritis Leisure Pool 9:30am-10:15am		Aqua Arthritis Leisure Pool 9:30am-10:15am	Boot Camp Studio C Liz B 9:10am-10:05am	Aqua Arthritis Leisure Pool 9:30am-10:15am		
10AM	Pliates Matwork Studio E Maureen C 10:05am-11am	Yoga Studio E Laura G 10:05am-11am	Strength Training Studio AB Liv R 10:10am-11am	Barre Studio E Maureen C 10:10am-11:10am	Advanced Strength Training Studio AB Shannon C 10:10am-11am	R.I.P.P.E.D. For Beginners Studio C Becky/Pam Rotation 10:10am-11am	
	Strength Training Studio AB Liv R. 10:10am-11am	Strength Training Studio AB Maureen C. 10:10am-11am	Yin Yoga Studio E Silviya S 10:05am-11am	Strength Training Studio AB Shana M/Cecy C 10:10am-11am	Pliates Matwork Studio E Cathy G 10:05am-11am	Strength Training Studio AB Rosi H/Shannon 10:10am-11am	
	Circuit Studio D/C Jay'O J 10:10am-11am	Fitness Yoga Studio C Courtney G 10:15am-11:05am	Circuit Studio D/C Jay'O 10:10am-11am	Advanced Core & Stability Studio C Jay'O J 10:15am-11:05am	Fitness Drumming Studio C Pam M 10:10am-11am		
	Yoga Xpress Studio E Alicia M 11:05am-11:40am	SilverSneakers® Stability Studio AB Rachel S 11:15am-12pm	Yoga Xpress Studio E Alicia M 11:05am-11:40am	TRX® Yoga Julie R Studio E 10:10am-11:00am	Yoga Xpress Studio E Silviya S 11:05am-11:40am	Zumba Kids Studio AB Jen HM 11:30am-12:00pm	
12PM	Deep Water Running Lap Pool 11am-12am	Toddler & Me Yoga Studio E Silviya S 11:10am-11:45am	Strength Xpress Studio AB Linda K. 11:15am-11:50am	SilverSneakers® Stability Studio AB Rachel S 11:15am-12am			
	Beginner Dance Fitness Studio AB Tonia F 12pm-12:50pm	Reserved for Special Programming Studio C Instructor 12pm-1pm	Beginner Dance Fitness Studio AB Linda K 12pm-12:50pm	Rock Steady Boxing Studio AB Fitness Instructor 12:30pm 1:30pm	Dance Fitness Studio AB Penny B 12pm 12:50pm		
		Rock Steady Boxing Studio AB Fitness Instructor 12:30pm 1:30pm		Reserved for Special Programming Studio E Instructor 12pm-1:30pm			

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1PM	SilverSneakers® Classic Studio AB Julie P 1:15pm-2pm	SilverSneakers® Enerchi Studio C Marilyn 1:00pm 1:45pm	SilverSneakers® Classic Studio AB Penny B 1:15pm-2pm	Reserved for Special Programming Studio E Self Led 2pm-2:30pm	SilverSneakers® Classic Studio AB Brian L 1:15pm-2pm		
2PM	Silver Splash Leisure Pool 2:15pm-3pm	SilverSneakers® Yoga Studio AB Anita B 2pm-2:45pm	Silver Splash Leisure Pool 2:15pm-3pm	SilverSneakers® Yoga Studio AB Anita B 2pm-2:45pm		Little Ninja Brazilian Jiu-jitsu (Paid class) Studio AB Patrick R 2:30pm-3pm	
4PM	Yoga for Mobility Studio E Julie R 3:55pm - 4:50pm	Kids Bodyweight bootcamp Studio C Jay'O J 4pm-4:30pm	Athletic Fitness (PAID) Studio AB Jay'O J 4pm-4:45pm	SHiNE Studio AB Missy M 4pm-4:50pm			
5PM	TRX® Yoga Studio D Julie R 5pm-5:45pm	Mixed Fit Zumba Studio C Rosi H 4:40pm-5:25pm	Zumba Kids Let's JAHM Studio C Jen HM 5pm-5:30pm	TBC Studio AB Cathy G 5pm-5:50pm	Deep Water running Lap Pool George N 4:15pm-5pm	Young Ninja Brazilian Jiu-jitsu (Paid class) Studio AB Patrick R 3pm-4pm	Zumba® Studio AB Cathy/Patricia Rotation 3pm-4pm
	Zumba® Studio AB Patricia C 5pm-5:50pm	TRX®/Strength Studio D Cecy D 5pm-6pm	Strength Xpress Studio AB Vicky S 5:15pm-5:45pm	TRX®/Strength Studio D Cecy D 5pm-6pm		Brazilian Jiu-jitsu (Paid class) Studio AB Patrick R 4pm-6pm ~OPEN MAT~	
	Preschool Dance Fitness Studio E Jen HM 5:15pm-5:45pm	TBC Studio AB Cathy G 5pm-5:50pm	Cycle with Strength Studio D Cariann T 5:30pm-6:30pm				
	Strength Xpress Studio C Rosi H 5:15pm-5:45pm	Zumba® Gold-Toning Studio C Becky R 5:30pm-6:20pm					
Pilates Reformer Level 1 (Paid Class) Studio F Reese R 5:45pm - 6:30pm	Reserved for Special Programming Studio E Instructor 5:30pm-7pm	Advanced Pilates Reformer (Paid Class) Studio F Robyn J 5pm - 5:45pm	Zumba® Gold-Toning Studio C Becky R 5:30pm-6:20pm				

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6PM	Aqua Zumba Leisure Pool 6pm-6:45pm		Yoga Studio E Julie R 5:55pm-6:50pm		Dance Fitness Studio AB Liz W 6pm-6:50pm		
	WERQ® Studio AB Vicky S 6pm-6:50pm		Aqua Zumba Leisure Pool 6pm-6:45pm	Pilates Reformer Level 1 (Paid Class) Studio F Reese R 5:45pm - 6:30pm			
	Cycle with Strength Studio D Diane A 6pm-7pm	Tae Kwon Do (Paid Class) Studio AB José R 6pm-7pm	Dance Fitness Studio AB Vicky S 6pm-6:50pm	Tae Kwon Do (Paid Class) José R 6pm-7pm			
	Pound® Studio C Jaime B 6pm - 6:50pm			Pilates Reformer Level 1 (Paid Class) Studio F Reese R 6:35pm - 7:20pm			
7PM	Pliates Matwork Studio E Claudia M 5:55pm-6:50pm						
	Brazilian Jiu-jitsu (Paid class) Studio AB Patrick R 7pm-8:30pm	Tae Kwon Do (Paid Class) Studio AB José R 7pm-8pm	Brazilian Jiu-jitsu (Paid class) Studio AB Patrick R 7pm-8:30pm	Tae Kwon Do (Paid Class) Studio AB José R 7pm-8pm			
8PM		Brazilian Jiu-jitsu (Paid class) Studio AB Patrick R 8pm-9:30pm		Brazilian Jiu-jitsu (Paid class) Studio AB Patrick R 8pm-9:30pm			

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CLASS DESCRIPTIONS

VALPARAISO FAMILY YMCA

* Valpo Y Members can book spots in the app

Advanced Core & Stability* – This class will focus on core strength and stability. We will work on strengthening the abdominals, glutes, lower back, hips and shoulders.

Advanced Pilates Reformer (paid class) – Build upon the classical Pilates exercises to work toward more challenging movements. Previous Pilates Reformer experience required.

Active Fitness – An ideal way to workout the entire body! Class includes an aerobic component, flexibility, strength, and endurance. Routines are done to music. Takes place in the Lap pool. See pool schedule for times.

Aqua Arthritis – Fitness program designed for those with arthritis needs that allows exercise without putting excess strain on joints and muscles. No swimming skills required. Takes place in the Leisure Pool. See pool schedule for times.

Aqua Zumba – It's a pool party! Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging water-based workout. Takes Place in the Leisure Pool. See pool schedule for times.

Aquanastics – Promotes strength, mobility, flexibility, improved circulation, and relaxation. No swimming skills required. Takes place in the Leisure Pool. See Pool schedule for times.

Barre* – Workout class combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training.

Beginner Dance Fitness* – Dance fitness at a slower pace, great for beginners or active older adults.

Beginner Yoga* – Class is designed to meet the needs of our beginner members. Move your body through a series of standing yoga poses designed to increase flexibility and balance.

Boot Camp* – Intervals of cardio and strength training using drills and stations.

Brazilian Jiu-jitsu (paid class) – Is a martial art, combat sport, and a self-defense system that focuses on grappling and ground fighting. Free openmat (practice) for all class participants. Saturdays 4:00-6:00 pm.

Circuit* – High intensity class that will offer stations of both strength and cardio exercises. Multiple modalities may be used such as dumbbells, stability balls, battle ropes, TRX®, row machines, rubber resistance, speed bags, heavy bags and more.

Core & More* – This class will focus on core strength and stability. We will work on strengthening the abdominals, glutes, lower back, hips and shoulders.

Cycle Barbell Fusion* – Small group cycling class with strength using the barbell incorporating exercises such as the deadlift, clean, squat, and more.

Cycle with Strength* – Group cycling with some strength and conditioning.

Cycle/Tabata Fusion* – Group cycle class incorporating short, high intensity interval training using the Tabata method, classes are offered at multi-level and intermediate/advanced levels.

Cycle/TRX® Fusion* – Group cycle class incorporating intervals of strength training using the TRX® suspension trainers.

Dance Fitness Party* – Shake up your Friday night with a dance fitness party at the Y! Dance fitness class with a different instructor each week, featuring pop, Latin, rock, and hip-hop music.

Dance Fitness/WERQ®* – A dance fitness class featuring pop, latin, rock and hip hop music.

Deep Water Fitness* – Great full body, low impact, strength & cardio fitness class. Uses buoyancy and resistance effects of the deep end of the pool. Some swimming skills and comfort in deep water required. If you are a weak or non-swimmer, please let the instructor know.

Deep Water Running* – Fun, non-impact form of running in place in the water wearing a flotation belt. If you are a weak or non-swimmer, please let the instructor know.

Fitness Drumming* – Use light weight drumsticks and pound to beat for an energizing, cardiovascular workout. Class is easily modifiable for all workout levels.

Fitness Yoga – YogaFit is a modern fitness yoga that intertwines fitness moves with basic modern postures with flowing sequences and relaxing stretches. It allows for a full range of fitness levels, age groups and medical conditions while still maintaining the essence of the practice.

Group Cycle* – Indoor cycling at varying pace and intensity, classes are offered at multi-level and intermediate/advanced levels.

HIIT and Run* – High intensity interval training on treadmills and with free weights. Meets in the Wellness Center.



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Preschool Dance Fusion – Let's get our JAHM Ballet on! Preschoolers will learn Ballet and jazz in a fun and imaginative way. Ballet shoes recommended. We ask a parent/guardian to stay with your child in class.

Kettlebell/TRX® Fusion* – This small group class will focus on strength training using both kettlebells and TRX® suspension trainers. Download MINDBODY: Fitness, Salon & Spa app to book spot in class.

Kids Bodyweight Bootcamp Age 4-7* – A 30-minute full body workout incorporating kid-friendly exercises to get kids moving. Ages 4-7 welcome.

Kids Bodyweight Bootcamp Age 8-12* – A 30-minute full body workout incorporating kid-friendly exercises to get kids moving. Ages 8-12 welcome.

Little Ninja Brazilian Jiu-jitsu (paid class) – The fitness-based trainings and games help to develop motor control, balance, coordination, as well as learning to follow directions. The lessons are for the Little Ninjas to start building confidence as they grasp basic concepts of Jiu-Jitsu.

MixedFit®/Zumba®* – MIXEDFIT® is a fun class incorporating explosive bodyweight movements, paired with Zumba®, a high energy cardio class using a variety of dance styles and international music.

Pilates Matwork* – Core strengthening exercises with a focus on flexibility and posture. Pilates Reformer – Level 1 (paid class) – Learn the fundamentals of resistance training using the Pilates reformer.

Pilates Reformer Boot Camp (paid class) – Fundamentals of resistance training using the Pilates reformer with intervals of cardio and strength training.

Pilates Reformer w/ Props (paid class) – Improve strength, flexibility, and mobility with a series of beginner and intermediate exercises using props including the magic circle, jump board, weights, resistance bands and more. Previous Pilates Reformer experience required.

PiYo®* – PiYo® combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. A faster tempo means a true fat-burning, low-impact workout that leaves your body feeling long, lean, and strong.

Pound®* – Use light weight drumsticks and pound to beat for an energizing, cardiovascular workout. Class is easily modifiable for all workout levels.

Preschool Dance Fusion* – Preschoolers will learn Ballet and Jazz in a fun and imaginative way. Ballet shoes recommended.

R.I.P.E.D. for Beginners* – A total body workout modified for beginners, utilizing resistance and cardio training which combines Resistance, Intervals, Power, Plyometrics, Endurance and Diet components.

Reserved for Special Programming – This Studio time is reserved for a Special Programming Event.

Rock Steady Boxing (Paid program) – this class is for people with Parkinson's disease. Through a non-contact boxing based fitness curriculum participants will gain strength, coordination and confidence.

SilverSneakers® Classic* – Have fun and move to the music through exercises designed to increase strength, range of motion and activities for daily living.

SilverSneakers® Stability* – Class is designed to help participants become stronger and improve balance by using specific movements to increase strength and power around the ankle, knee and hip joints, as well improving reaction time. A chair may be used for balance.

SilverSneakers® Yoga* – Move your body through a series of seated and standing yoga poses designed to increase flexibility and balance.

Sports Performance for Young Athletes (paid class) – Improve your overall sports performance by training with our certified trainers. Participants will improve their strength, speed, agility, and overall athletic performance. Classes offered for middle school and high school age.

StayStrong (registration required) – StayStrong cancer support program provides an opportunity for LiveSTRONG® at the Y alumni to continue their health and wellness journey.

Step & Sculpt* – Cardio on the Step including muscle sculpting with weights and/or matwork.

Strength Training* – Total body strength training using weights, bands, stability balls, gliders and/or matwork.

Strength Xpress* – Total body strength training using weights, bands, stability balls gliders and/or matwork. 30 minute class, great for beginners!

Stretch, Flex & Balance* – A class focused on improving stability and flexibility with balance work and stretching.



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Silver Splash – Improve agility, flexibility and cardiovascular endurance in shallow water. Develop strength, balance and coordination with special Silver Sneakers® kick-board. No swimming skills required. Low- Mid level intensive class. Takes place in the Leisure Pool. See pool schedule for times.

Tae Kwon Do (paid class) – Increase self-confidence and self-esteem through Tae Kwon Do, the Korean art of self-defense. Defensive techniques and conflict resolution skills will be introduced in a comprehensive system of self-protection. Beginner-Advanced. Ages 7 – Adult

TBC* – Total body conditioning is an interval-style class designed to improve cardiovascular fitness, muscle strength, and flexibility. Classes are offered at multi-level and advanced levels.

TRX® Xpress* – TRX® suspension training uses body weight exercise to develop strength, balance, flexibility and core stability simultaneously.

TRX®/Barbell Fusion* – This small group class will focus on strength training using both TRX® suspension trainers and barbells.

TRX®/Body weight Fusion* – TRX® body weight training is a form of suspension training that uses body weight as resistance. It is an exercise method that improves total body strength, stability, and cardiovascular health without traditional weightlifting. TRX workouts target muscles all over the body, challenge balance and coordination, and can get the heart rate up for a cardio workout.

TRX®/Strength* – Class will focus on strength training using both TRX® suspension trainers and dumbbells. TRX® suspension training uses body weight exercise to develop strength, balance, flexibility and core stability simultaneously.

TRX® Yoga* – This innovative and exciting form of yoga combines traditional yoga poses with the use of TRX suspension straps, offering a unique and dynamic workout that can enhance strength flexibility, and overall wellbeing. The strap gives you leverage against gravity to assist you in difficult yoga poses while also working the strength and flexibility you need to achieve the pose in your regular yoga flow. **If you have had hip replacement surgeries please use caution.**

Vinyasa Yoga – A dynamic and flowing style of hatha yoga which links breath and movement through a creative series of postures that balance strength and flexibility while cultivating mindfulness through a continuous flow.

Wellness Center 101 (registration required) – Youth ages 10-13 will work with a certified instructor to learn the basics of fitness and exercise using the equipment in the Wellness Center. Youth in this progressive class will become proficient in use of equipment, rules and gym etiquette.

WERQ®* – A dance fitness class based on pop, rock and hip hop music.

Yin Yoga* – The class focuses on the deeper tissues of the body. Using yin poses, breathing techniques and props for support to surrender into the postures.

Yoga* – Classes offered at every level to improve flexibility, balance and strength; may include hands on adjustments. Some levels will work toward more challenging poses, Sun Salutations, complex breath work and the yoga philosophy.

Yoga Mobility – a low-impact exercise option for loosening tight hips, reducing muscle tension, and improving range of motion.

Yoga Xpress* – 30 minute fitness yoga class to improve flexibility, balance and strength. Great for beginners!

Young Ninja Brazilian Jiu-jitsu (paid class) – Besides learning jiu-jitsu in a safe, fun, and encouraging environment, we teach our students respect and discipline and the importance of healthy living. Children will learn self-defense techniques, build confidence and self-discipline.

Zumba®* – A high energy cardio class using a variety of dance styles and international music. Zumba® classes are offered at multi-level, intermediate/advanced.

Zumba® Gold-Toning* – The Zumba party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks to shake up those muscles!

Zumba® Kids! Let's JAHM – Let's get our JAHM ballet on! Movements and music for kids! Dance fitness for ages 4-11. Come learn some new moves and dance those wiggles out!

Zumba® Kids Age 8-12* – For ages 8-12. A rocking, high-energy dance party packed with specially choreographed, kid-friendly routines, and all the music kids love, like hip-hop, reggaeton, cumbia and more.

Zumba® Kids Jr. Age 4-7* – For ages 4-7. A rocking, high-energy dance party packed with specially choreographed, kid-friendly routines, and all the music kids love, like hip-hop, reggaeton, cumbia and more.