



VALPARAISO FAMILY YMCA GROUP EX SCHEDULE SPRING BREAK 3/22-3/31

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				
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	Barre Studio C Vicky S. 8am-8:50am	Beginner Yoga Studio E Linda K 7:55am-8:50am		Beginner Yoga Studio E Linda K 7:55am-8:50am	Beginner Yoga Studio E Linda K 7:55am-8:50am		
	TRX® Studio D Melissa K 8am-8:45am		Pliates Matwork Studio E Claudia M 7:55am-8:50am		TRX® Studio D Melissa K 8am-8:45am	WERQ® Studio AB Vicky/Chelsea/Liv 8am-8:50am	
	SilverSneakers® Classic Studio AB Mike J 8am-8:45am		SilverSneakers® Classic Studio AB Pam M 8am-8:45am		SilverSneakers® Classic Studio AB Julie P 8am-8:45am		
	Aquanastics Leisure Pool 8:30am-9:15am		Aquanastics Leisure Pool 8:30am-9:15am		Aqua Arthritis Leisure Pool 8:30am-9:15am		

Please note all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting and exercise program.



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9AM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Yoga Studio E Maureen C/Alia H 8:55am-9:50am	Yoga Studio E Linda K 8:55am-9:50am		Yoga Studio E Linda K 8:55am-9:50am	Advanced Yoga Studio E Linda K 8:55am-9:50am	Yoga Studio E Carrie/Julie R. Rotation 9:00am-10:05am	
	Cycle with Strength Studio D Cariann T 9am-10am		Dance Fitness/ WERQ® Studio C Patty C. 9am-9:50am	SHINE/WERQ® Studio AB Missy M 9am-10am		Cycle with Strength Studio D Diane A 9am-10am	
		Deep Water Fitness Lap Pool 9am-10am	TBC Studio AB Joyce R 9am-9:50am	Deep Water Fitness Lap Pool 9am-10am	Zumba® Studio AB Patricia C 9am -9:50am	Zumba® Studio AB Jaime B/ Rosi H. 9am-9:50am	
	SHINE/WERQ® Studio AB Melissa M 9am-10am				Boot Camp Studio C Courtney G 9:00am-9:50am		
		Boot Camp Studio C Courtney G 9:15am-10:05am	Active Fitness Lap Pool 9am-9:45am	Boot Camp Studio C Courtney G. 9:15am-10:05am	Active Fitness Lap Pool 9am-9:45am		
	Active Fitness Lap Pool 9am-9:45am	Cycle w/ Strength Shannon C Studio C 9:15am-10:15am		Cycle with Strength Studio D Shannon C 9:15am-10:15am	Aqua Arthritis Leisure Pool 9:30am-10:15am		
	Aqua Arthritis Leisure Pool 9:30am-10:15am		Aqua Arthritis Leisure Pool 9:30am-10:15am				
	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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10AM	Pilates Matwork Studio E Maureen C 10:05am-11am	Yoga Studio E Laura G 10:05am-11am		Barre Studio E Julie R. 10:10am-11:10am	Pilates Matwork Studio E Cathy G 10:05am-11am		
	Strength Training Studio AB Vicky S. 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 Cecy C 10:10am-11am	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	
	3/24 Circuit Studio D/C Courtney G. 10:10am-11am	Power Stretch & Flex Studio C Courtney G 10:15am-11:05am			Fitness Drumming Studio C Pam M 10:10am-11am	Strength Training Studio AB Rosi H/Shannon 10:10am-11am	
			Circuit Studio D/C Joyce R. 10:10am-11am			Mindful Breath Yoga Studio E Ezio G. 10:55am-11:50am	
11AM	Deep Water Running Lap Pool 11am-12am	SilverSneakers® Stability Studio AB Courtney G. 11:15am-12pm	Yoga Xpress Studio E Alicia M 11:05am-11:40am	SilverSneakers® Stability Studio AB Courtney G. 11:15am-12am	Yoga Xpress Studio E Silviya S 11:05am-11:40am	3/22 Zumba Kids! FAM JAHM! Studio AB Jen HM 11:30am-12:00pm	Mindful Breath Yoga Studio E Ezio G. 11:15am-12:05pm
	Yoga Xpress Studio E Alicia M 11:05am-11:40am	Reserved for Special Programming Studio C Instructor 11:30am-12:45pm	Strength Xpress Studio AB Linda K. 11:15am-11:50am	Reserved for Special Programming Studio C Instructor 11:30am-12:45pm			Super Cycle Studio D Alicia M 11:15am-12:45pm
12PM	3/31 Beginner Dance Fitness Studio AB Tonia F 12pm-12:50pm		Beginner Dance Fitness Studio AB Linda K 12pm-12:50pm		Mindful Meditation Studio E Kelly J 12:00pm 12:50pm		

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1PM	SilverSneakers® Classic Studio AB Julie P 1:15pm-2pm	SilverSneakers® Enerchi Studio E Marilyn 1:00pm-1:45pm	SilverSneakers® Classic Studio AB Marylin A. 1:15pm-2pm		SilverSneakers® Classic Studio AB Courtney G. 1:15pm-2pm		
2PM	Silver Splash Leisure Pool 2:15pm-3pm	SilverSneakers® Yoga Studio AB Anita B 2pm-2:45pm	SilverSneakers® Yoga Studio AB Julie R. 2:15pm-3pm	SilverSneakers® Yoga Studio AB Anita B 2pm-2:45pm			
			Silver Splash Leisure Pool 2:15pm-3pm	Reserved for Special Programming Studio E Self Led 2pm-2:30pm			
4PM		Mixed Fit Zumba Studio C Rosi H 4:40pm-5:25pm		SHINE Studio AB Missy M 4pm-4:50pm		Brazilian Jiu-jitsu (Paid class) Studio AB Patrick R 4pm-6pm ~OPEN MAT~	Zumba® Studio AB Cathy/Patricia Rotation 3pm-4pm
5PM	Zumba® Studio AB Patricia C 5pm-5:50pm		Mindful Breath Yoga Studio E Ezio G. 4:30pm-5:20pm	TRX®/Strength Studio D Cecy D 5pm-6pm	Deep Water running Lap Pool Courtney G. 4:15pm-5pm		
	Strength Xpress Studio C Rosi H 5:15pm-5:45pm	TRX®/Strength Studio D Cecy D 5pm-6pm					
			Strength Xpress Studio AB Vicky S 5:15pm-5:45pm	Zumba® Gold- Toning Studio C Becky R 5:30pm-6:20pm			

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5PM	Pliates Matwork Studio E Claudia M 5:55pm-6:50pm	Zumba® Gold-Toning Studio C Becky R 5:30pm-6:20pm	Cycle with Strength Studio D Cariann T 5:30pm-6:30pm				
6PM	Cycle with Strength Studio D Diane A 6pm-7pm		Yoga Studio E Julie R 5:55pm-6:50pm				
	Aqua Zumba Leisure Pool 6pm-6:45pm		Aqua Zumba Leisure Pool 6pm-6:45pm				
	3/31 Pound® Studio C Jaime B 6pm - 6:50pm		Dance Fitness Studio AB Vicky S 6pm-6:50pm				
7PM	Brazilian Jiu-jitsu (Paid class) Studio AB Patrick R 7pm-8:30pm		Brazilian Jiu-jitsu (Paid class) Studio AB Patrick R 7pm-8:30pm				
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.

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.

CLASS DESCRIPTIONS

VALPARAISO FAMILY YMCA

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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.

Mindful Meditation– Come learn the basics of mindfulness meditation in this 50-minute class. Participants will learn about the history and real-life application of the practice, the three steps of sitting mindfulness meditation, and sit in a 20-minute practice. Each class will conclude with sharing of insights and any questions about the practice.

Mindful Breath Yoga–Experience the profound benefits of full yogic breathing, as movement and breath are synchronized throughout this practice. Postures are held longer, moving deeper into specific points of the body, allowing each student to experience each pose to its fullest.

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.

Power Stretch and Flex– 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.

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

R.I.P.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.

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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.

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.