



GROUP EXERCISE SCHEDULE (Segment 6: August 27 - October 28)

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						
5:30 - Boot Camp 45 min - AB - Amanda		5:30 - Boot Camp 45 min - AB - Amanda		5:30 - Boot Camp 45 min - AB - Amanda		
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 - Liz	5:15 - Cycle/Tabata Fusion 45 min - D - Gayle	5:15 - Group Cycle 45 min - D - Stephanie B		
6:00 AM						
6:00 - Step & Sculpt 45 min - C - Martha	6:15 - Strength Training 45 min - AB - Michael	6:00 - Step & Sculpt 45 min - C - Martha	6:15 - Strength Training 45 min - AB - Michael	6:00 - Step & Sculpt 45 min - C - Martha		
7:00 AM					7:00 - Tae Kwon Do 60 min - AB \$ Paid by Segment	
8:00 AM						
8:00 - Silver Sneakers® Classic 45 min - AB - Karen	8:00 - Strength Training 50 min - AB - Linda M.	8:00 - Silver Sneakers® Stability 45 min - AB - Laura	8:00 - Strength Training 50 min - AB - Gayle	8:00 - Silver Sneakers® Classic 45 min - AB - Julie	8:00 - Boot Camp 50 min - AB - Rotation	
8:10 - Group Cycle ** 50 min - D - Stephanie B		8:00 - STRONG® 50 min - C - Cathy (NEW)			8:30 - Group Cycle ** 60 min - D - Kristin H.	
		8:00 am - Cycle Boot Camp Fusion ** 60 min - D - Jen D.				
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	9:15 - Cycle Xpress 30 min - D - Lorrie	9:00 - TBC 50 min - C - Crystal (NEW)	9:00 - Kids Fitness 50 min - C - Becky/Pam	
9:15 - Group Cycle** 50 min - D - Liz	9:05 - TRX® Circuit 45 min - D - Jen \$ Paid by Segment	9:10 - Group Cycle** 60 min - D - Liz	9:10 - WERQ® 50 min - C - Angie	9:00 - Cycle/Boot Camp Fusion ** 60 min - D - Jen D.		
10:00 AM						
10:00 - Women's Strength 50 Min - AB - Carrie	10:00 - Beginner Cycle 45 min - D - Nadine	10:00 - Women's Strength 50 min - AB - Anne	10:00 - Beginner Cycle 45 min - D - Mike	10:00 - 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 - Boot Camp 50 Min - C - Jen D.	10:10 - Pound with Strength 50 min C - Irma	10:10 - Boot Camp 50 Min - C - Jen D.	10:00 - 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 - BOOM - 60 min AB - Tricia		10:10 - BOOM - 60 min AB - Penny		10:00 - TRX® Level 1 45 min - D - Irma \$ Paid by Segment	
11:00 AM						
11:00 - Uplifting Women 45 min - AB - Laura Registration Required (NEW)	11:20 - Strength Training 45 min - AB - Tricia	11:00 - Uplifting Women 45 min - AB - Kristin R Registration Required (NEW)	11:20 - Strength Training 45 min - AB - Nadine		11:00 - Rumble with Strength 60 min - AB - Irma	
					11:00 - Wellness Center 101 - 60 min C/Wellness Ctr - Michael - Registration Required (Begins Sept 15)	

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.**

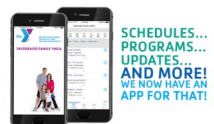
INSTRUCTOR SUBSTITUTION POLICY:

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. 6th - 8th graders are welcome to attend WITH PARENT/GUARDIAN.
- The YMCA reserves the right to cancel or change a class if minimum participation is not met.

HAVE YOU DOWNLOADED
THE NEW
VALPARAISO FAMILY YMCA
MOBILE APP?



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00 Noon						
12:15 - Zumba® Gold 50 min - AB - Tonia	12:15 - Pickleball 135 min - Gym Self-Led	12:15 - Dance Fitness 50 min - AB - Penny	12:15 - Pickleball 135 min - Gym Self-Led	12:15 - Zumba® Gold 50 min - AB - Tonia		
12:15 - Cycle Xpress 30 min - D - Jen	12:15 - Rock Steady Boxing® - AB \$ Paid - St. Mary	12:15 - Cycle Xpress 30 min - D - Nadine	12:15 - Rock Steady Boxing® - AB \$ Paid - St. Mary			12:30 - Pickleball 90 min - Gym Self-Led
1:00 PM						
1:15 - Silver Sneakers® Classic 45 min - AB - Karen		1:15 - Silver Sneakers® Stability - 45 min AB - Nadine		1:15 - Silver Sneakers® Classic 45 min - AB - Kristin R.		1:00 - Wellness Center 101 - 60 min C/Wellness Ctr - Stefannie R - Registration Required (NEW)
1:15 - Strength Training 50 min - C - Linda M.		1:15 - Strength Training 50 min - C - Linda M.				
2:00 PM						
	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			
3:00 PM						
				3:00 - Uplifting Women 45 min - AB - Cariann Registration Required (NEW)		3:00 - Zumba® 60 min - AB Patricia/Rita
						3:00 - Kids Fitness 60 min - C - Becky (Begins October 7)
4:00 PM						
4:00 - Circuit Training 45 min - AB - Robyn	4:00 - Strength Training 50 min - C - Linda K	4:00 - Circuit Training 45 min - AB - Robyn	4:00 - Strength Training 50 min - C - Linda K		4:00 - Jiu Jitsu 120 min - AB \$ Paid by Segment	
4:30 - Kids Fitness 30 min - Gym - Pam	4:15 - WERQ® 45 min - AB - Michelle R.	4:10 - Wellness Center 101 - 60 min C/Wellness Ctr - Stefannie R - Registration Required (NEW)	4:15 - WERQ® 45 min - AB - Michelle R.	4:15 - Deep Water Running - 45 min George - Lap Pool		
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 - Piloxing® 50 min - AB - Michelle R.			
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	5:15 - Family Fitness 45 min - AB - Pam		
5:30 - Cycle with Strength 50 min - D - Lorrie	5:30 - Group Cycle 50 min - D - Kristin H.	5:30 - Cycle/Boot Camp Fusion ** 50 min - D - Cariann				
6:00 PM						
6:00 - TBC 50 min - AB - Instructor	6:05 - Tae Kwon Do 60 min - AB \$ Paid by Segment	6:00 - Wellness Center 101 - 60 min C/Wellness Ctr - Michael - Registration Required (NEW)	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 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	6:10 - Wellness Center 201 - 60 min AB/ Wellness Ctr - Michael - 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				
7:00 - Zumba® Toning 50 min - C - Cathy		7:00 - Zumba® Toning 50 min - C - Cathy				
8:00 PM						
8:00 - Pilates Matwork 50 min - C - Claudia						
8:00 - Jiu Jitsu 120 min - AB \$ Paid by Segment		8:00 - Jiu Jitsu 120 min - AB \$ Paid by Segment				



GROUP EXERCISE CLASS DESCRIPTIONS

Effective August 27

ACTIVE OLDER ADULT CLASSES: SilverSneaker® classes as well as other classes designed to meet the needs of our active older adult members.

Chair Yoga	Class is designed to meet the needs of our active older adult members or beginners. Move your body through a series of seated and standing yoga poses designed to increase flexibility and balance.
SilverSneakers® Classic	Class is designed to meet the needs of our active older adult members or beginners. Have fun and move to the music through exercises designed to increase strength, range of motion and activities for daily living. Class can be done standing or using a chair for support.
SilverSneakers® Yoga	Class is designed to meet the needs of our active older adult members beginners. Move your body through a series of seated and standing yoga poses designed to increase flexibility and balance.
SilverSneakers® Cardio Circuit	Class is designed to meet the needs of our active older adult members or beginners. Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Class can be done standing or using a chair for support.
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.
Sit and Be Fit	Class is designed to meet the needs of our active older adult members or beginners. Have fun while increasing muscle strength and range of motion. Class can be done standing or using a chair for support.
Zumba® Gold	Zumba at a slower pace, great for beginners or active older adults.
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!
BEGINNER CLASSES (NEW OR RETURNING TO EXERCISE): Not sure where to begin? Try one of the following classes designed to teach you the very basics of each movement and get you ready for more.	
Beginner Cycle	Beginner class is designed to teach you the very basics of each movement and features an easy ride including a warm-up, 30-35 minutes of cycling and a final stretch.
BOOM@	Ideal for those just getting into exercise, active older adults and anyone that want to improve their physical and mental health. BOOM improves strength, flexibility and endurance, includes cardiovascular work, strength training and Pilates and yoga.
Cycle Xpress	Class is designed to teach you the very basics of each movement. Great 30 minute cycle ride.
Pickleball	The game combines elements from badminton, tennis and table tennis and is easily learned. Members and the Community are invited to participate against one another in a friendly league of Pickleball competition.
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.
Rock 'n Roll Aerobics	This low impact aerobics class will have you dancing to high energy tunes for a great cardio workout.
Rock Steady Boxing (Paid program through St. Mary Medical Center)	Led by St. Mary Medical Center, this class is for people with Parkinson's disease. Through a non-contact boxing based fitness curriculum participants will gain strength, coordination and confidence.
Strength Xpress	Total body strength training using weights, bands, stability balls gliders and/or matwork. 30 minute class, great for beginners!
Yoga Xpress	30 minute fitness yoga class to improve flexibility, balance and strength. Great for beginners!
MULTI-LEVEL: These classes are appropriate for all levels of participants and offer many modifications to either keep it simple or take it up a notch.	
Ballet Barre	This class infuses ballet and pilates with an emphasis on continuous, flowing movements, synchronized with corresponding breath patterns.
Barre-lates Fusion	This upbeat class fuses Pilates matwork, yoga and ballet-based exercises to create a workout that strengthens the core, legs, arms while improving balance and flexibility. Finish class by connecting the mind to the body with yoga-inspired stretching.
Circuit Training	This total body conditioning class will alternate between cardio and strength exercises to improve aerobic fitness and muscle strength.
Cycle/Boot Camp Fusion	Group cycling mixed with Boot Camp drills of cardio and strength training.
Cycle/Pilates Fusion	30 minutes of cycling followed by 30 minutes of Pilates Matwork.
Cycle/R.I.P.P.E.D. Fusion	30 minutes of cycling followed by 30 minutes of R.I.P.P.E.D. focusing on power, resistance, and core.
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 with Core	Group cycling with core and abdominal work.
Cycle with Strength	Group cycling with some strength and conditioning.
Dance Fitness	A dance fitness class featuring pop, latin, rock and hip hop music.
Deep Water Running*	Non-impact form of running in place in the water wearing a flotation belt.
Drumming	Rhythmic Aerobic drumming on the stability ball with intervals of cardio exercises.
Fitness Barre	The barre is used as a prop to balance while doing exercises that focus on isometric strength training combined with high reps of small range-of-motion movements
Fitness Yoga	Fitness yoga to improve flexibility, balance and strength, classes offered at all levels of ability.
Group Cycle	Indoor cycling at varying pace and intensity, classes are offered at multi-level and intermediate/advanced levels.

MULTI-LEVEL, Continued...	
Pilates Matwork	Core strengthening exercises with a focus on flexibility and posture.
Pilates Reformer Group Class - Level 1 (paid class)	Learn the fundamentals of resistance training using the Pilates reformer.
Pilates Reformer Group Class - Level 2 (paid class)	Build upon the classical Pilates exercises to work toward more challenging movements. Previous Pilates Reformer experience required.
Pilates Reformer Jumpboard Group Class - Level 2 (paid class)	A fast-paced Reformer workout that introduces a cardio element while toning your body using a Reformer jumpboard accessory. Previous Pilates Reformer experience required.
Piloxing®	A non-stop, cardio fusion of standing Pilates, boxing and dance.
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 the beat for an energizing, cardiovascular workout. Class is easily modifiable for all workout levels.
Pound® with Strength	Pound class using light weight drumsticks and pounding to the beat for an energizing, cardiovascular workout. Class will also offer some strength and conditioning.
Qigong	Qigong teaches ways to breathe healthier, relax your body, and tap into the power of your mind.
R.I.P.P.E.D.	A total body workout, utilizing resistance and cardio training which combines Resistance, Intervals, Power, Plyometrics, Endurance and Diet Components.
Rumble	Cardio mixed martial arts adapted for the group exercise environment.
Sculpt & Stretch	Class uses light free weights with high repetitions to help tone and strengthen major muscles. A stretching section will lengthen muscles and increase flexibility.
Small Group Personal Training (paid class)	Personal Training in a small group setting. Each 45 minute session will use multiple modalities (TRX®, Kettlebell, Kinesis, battle ropes and more!) and meets either once or twice per week in the Personal Training studio.
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.
Strong by Zumba®	A challenging, high intensity interval training workout set to music. Using your own body weight, you will gain muscular endurance, tone, and definition.
TBC and TBC Xpress	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® Group Classes (paid class)	TRX® suspension training uses body weight exercise to develop strength, balance, flexibility and core stability simultaneously.
Uplifting Women* (registration required)	Empowering women 14+ to learn how to conquer the free weight area. Learn proper form, technique and programming of traditional barbell lifting routines. This is a 45 minute, small group class in a supportive atmosphere, led by a certified personal trainer.
Vinyasa Flow Yoga	Yoga style where postures are linked together in a continuous, challenging and creative flow that combines strength and flexibility, toning the body and clearing the mind. This dynamic and energetic class is appropriate for people who have experience with the fundamentals of yoga and who want to move at a faster pace and experiment with more advanced poses.
Women's Strength	Strength training for women using a variety of props such as dumbbells, bands, mats, stability balls and Steps.
WERQ®	A dance fitness class based on pop, rock and hip hop music.
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.
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® Toning	Your favorite Zumba class with the added benefit of an upper body workout using light weights.
INTERMEDIATE/ADVANCED (READY FOR A CHALLENGE): The following classes are for anyone ready for more of a challenge so you can improve your physical activity level. The movements are more complex, the energy level much higher and experience is highly recommended.	
Boot Camp	Intervals of cardio and strength training using drills and stations.
Cycle with Strength	Group cycling with some strength and conditioning.
Super Cycle*	Challenge yourself in this 75 minute cycle class and enjoy 15 minutes of flexibility and stretching. Great for endurance.
YOUTH/FAMILY: The following classes encourage youth to get active while having fun.	
Family Zumba®*	Bring the whole family to enjoy a Zumba class together. All ages welcome.
Family Fitness*	Bring the whole family (kids ages 4-10) will have fun while getting fit. A fusion of fitness games and drills, Zumba, drumming, stretching and more set to energizing music.
Kids Fitness*	Kids ages 4-10 will have fun while getting fit. A fusion of fitness games and drills, Zumba, drumming, stretching and more set to energizing music.
Wellness Center 101 for Youth* (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 Wellness Center equipment, rules and gym etiquette.
Wellness Center 201 for Youth* (registration required)	Youth ages 13-16 will work with a certified instructor to learn the basics of strength training using the equipment in the free weight room. Must have already successfully completed Wellness Center 101.
*NOTE: Some classes listed above are seasonal and do not run all year long. Please check the current group exercise schedule for class days and times.	
The YMCA reserves the right to cancel or change a class if minimum participation is not met.	