



GROUP EXERCISE SCHEDULE (Segment 7: October 29 - December 21)

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	
					7:30 - Cycle Xpress 30 min - D - Danielle (NEW) (Begins November 10th)	
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/STRONG® Rotation 50 min - AB - Varies (NEW)	
8:10 - Group Cycle ** 50 min - D - Stephanie B	8:00 - WERQ® 60 min - C (Coming Soon)	8:00 - STRONG® 50 min - C - Cathy	8:00 - WERQ® 60 min - C (Coming Soon)		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	9:10 - WERQ® 50 min - C - Angie	9:00 - TBC 60 min - C - Crystal	9:00 - Kids Fitness 50 min - C - Becky/Pam	
9:15 - Group Cycle** 50 min - D - Liz	9:00 - TRX® Circuit 45 min - D - Jen \$ Paid by Segment	9:10 - Group Cycle** 50 min - D - Liz	9:15 - Cycle Xpress 30 min - D - Lorrie	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.	10:10 - 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 - 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	11:20 - Strength Training 45 min - AB - Tricia	11:00 - Uplifting Women 45 min - AB - 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
					11:00 - Wellness Center 101 - 60 min C/Wellness Ctr -Michael Registration Required	11:30 - Wellness Ctr 101 - 60 min C/Wellness Ctr - Stefannie R Registration Required

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.**

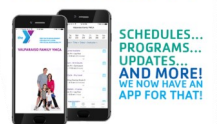
INSTRUCTOR SUBSTITUTION POLICY:

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?



App Store Google play

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.		
1:15 - 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						
				4:00 - Uplifting Women 45 min - AB - Cariann Registration Required		3:00 - Zumba® 60 min - AB Patricia/Rita
						3:00 - Kids Fitness 60 min - C - Becky
4:00 PM						
	4:00 - Strength Training 50 min - C - Linda K		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	4:10 - WERQ®/Zumba® Jam 50 min - AB - Michelle R. (NEW)		4:10 - WERQ®/Zumba® Jam 50 min - AB - Michelle R. (NEW)	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 - Triple Power 50 min - AB - Michelle R. (NEW)			
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 AB/Wellness Ctr - Michael - Registration Required (Begins November 7th)	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 (NEW)	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	7:15 - Uplifting Women 45 min - AB - Lizz Registration Required (NEW)			
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				