



# MIND & BODY SCHEDULE (Segment 7: October 29 - December 21)

## Studio E/F

BLUE = Beginner      GREEN = Multi-Level      RED = Intermediate/Advanced  
 ORANGE = Active Older Adult      PURPLE = Youth/Family  
 E = Studio E      F = Studio F

\$ Paid Registration Required at the Courtesy Desk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<b>7:00 AM</b>							
7:00 - Fitness Yoga 50 min - E - Linda K.		7:00 - Fitness Yoga 50 min - E - Carrie					
<b>8:00 AM</b>							
8:00 - Ballet Barre 50 min - E - Alia	8:00 - Barre-lates Fusion 50 min - E - Angie	8:00 - Pilates Matwork 50 min - E - Claudia	8:00 - Barre-lates Fusion 50 min - E - Angie	8:00 - Ballet Barre 50 min - E - Alia	8:00 - Pilates/PiYo® Rotation 50 min - E - Cathy/Heather		
<b>9:00 AM</b>							
9:00 - Fitness Yoga 50 min - E - Debbie	9:00 - Yoga 50 min - E - Samantha	9:00 - Level 1 Pilates Reformer 45 min - F - Irma <b>\$ Paid by Segment</b>	9:00 - Yoga 50 min - E - Samantha	9:00 - Fitness Yoga 60 Min - E - Linda K.	9:00 - Yoga 60 Min - E - Michelle D.		
<b>10:00 AM</b>							
10:00 - Yoga 60 Min - E - Michelle D.	10:00 - Fitness Yoga 50 min - E - Laura	10:00 - Yoga 60 Min - E - Michelle D.	10:00 - Fitness Yoga 50 min - E - Laura	10:10 - Pilates Matwork 50 min - E - Cathy			
10:15 - Level 2 Pilates Reformer 45 min - F - Alia <b>\$ Paid by Segment</b>		10:00 - Level 1 Pilates Reformer 45 min - F - Cathy <b>\$ Paid by Segment</b>	10:00 - Level 2 Pilates Reformer 45 min - F - Alia <b>\$ Paid by Segment</b>				
<b>11:00 AM</b>							
11:10 - Yoga Xpress 30 min - E - Alicia	11:00 - Qigong 60 min E - Kathryn/Ruth	11:10 - Yoga Xpress 30 min - E - Alicia		11:10 - Yoga Xpress 30 min - E - Laura <b>(NEW)</b>			
<b>1:00 PM</b>							
	1:15 - Fitness Yoga 50 min - E - Linda K.		1:30 - Level 2 Pilates Reformer 45 min - F - Molly <b>\$ Paid by Segment</b>	<b>MIND &amp; BODY STUDIO ETIQUETTE:</b> 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. <b>If the studio door is closed -do not enter.</b> 5. <b>No shoes on studio floor.</b> 6. Silence phones in studio. 7. Please use lockers and/or shoe cubbies in studio for personal belongings.			
<b>5:00 PM</b>							
	5:00 - PiYo® 50 min - E - Heather		5:00 - PiYo® 50 min - E - Heather				
			5:30 - Level 1 Pilates Reformer 45 min - F - Cathy <b>\$ Paid by Segment</b>				
<b>7:00 PM</b>							
7:15 - Yoga 60 Min - E - Linda K.		7:15 - Yoga 60 Min - E - Debbie					
<b>8:00 PM</b>							
8:00 - Pilates Matwork 50 min - C - Claudia							

**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.

**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.

HAVE YOU DOWNLOADED  
**THE NEW**  
 VALPARAISO FAMILY YMCA  
**MOBILE APP?**



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



## MIND AND BODY at the YMCA

Personal Training to further master your practice for specialized or individualized instruction.

- Yoga & Pilates Matwork
- Pilates reformer
- Pre/Postnatal Yoga or Pilates
- Energy Healing

### PILATES REFORMER GROUP CLASSES

Registration open NOW.

Class times vary, see schedule on reverse.

## CHRISTMAS MARKET



**Friday, December 7th**

**9am - 6pm**

Come get an early start on your shopping and find those unique gifts for the special people in your life. This event is free and open to the community to come shop!

Proceeds benefit our Annual Campaign. These funds will support programs and services like: financial assistance for membership, classes, preschool, group homes in our community, chronic disease programs and more!



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONGER BODY



## Uplifting Women

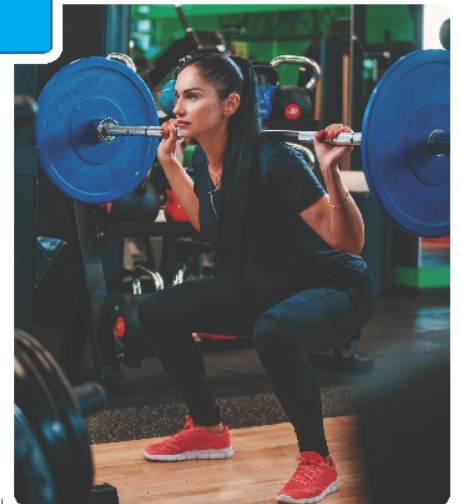
VALPARAISO FAMILY YMCA

**FREE PROGRAM FOR MEMBERS AND NON-MEMBERS**

Classes are offered:

Mondays	11:00 am
Wednesdays	11:00 am
Thursdays	7:15 pm
Fridays	4:00 pm

- We want to empower women to feel confident in the free weight area of gyms and learn how to safely utilize traditional barbell strength equipment
- This 45 minute class meet once per week for 7 weeks
- Classes are taught by certified Personal Trainers
- The program is free and accessible to ALL women ages 14+ through a grant from



Registration  
going on now!

Classes start  
October 29!

### Wellness Center 101

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. Successful graduation of this program will grant youth access to the Wellness Center independently.

### Wellness Center 201

Youth ages 13 - 16 learn the basics of strength training using the equipment in the free weight room. **Must have already successfully completed Wellness Center 101.**

Free registration for Members at the Y Courtesy Desk.