



MIND & BODY SCHEDULE (Segment 3: April 15 - June 2)

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
8:00 AM					
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 - Pilates/PiYo® Rotation 50 min - E - Cathy/Heather
9:00 AM					
9:00 - Fitness Yoga 60 min - E - Debbie	9:00 - Yoga ** 50 min - E - Samantha	9:00 - Fitness Yoga 60 Min - E - Linda K	9:00 - Yoga ** 50 min - E - Samantha	9:00 - Fitness Yoga 60 Min - E - Linda K	9:00 - Fitness Yoga 60 Min - E - Melissa P
		9:00 - Level 1 Pilates Reformer 45 min - F - Irma \$ Paid by Segment		9:00 - Level 1 Pilates Reformer 45 min - F - Irma \$ Paid by Segment	9:00 - Level 1 Pilates Reformer 45 min - F - Irma \$ Paid by Segment
10:00 AM					
10:10 - Yoga for Athletes 50 Min - E - Kristin R	10:00 - Fitness Yoga ** 50 min - E - Melissa P	10:00 - Level 1 Pilates Reformer 45 min - F - Cathy \$ Paid by Segment	10:00 - Fitness Yoga ** 50 min - E - Melissa P	10:10 - Pilates Matwork 50 min - E - Cathy	
10:15 - Level 2 Pilates Reformer 45 min - F - Alia \$ Paid by Segment		10:15 - Preschool Yoga 30 Min - E - Anita B \$ Paid by Segment			
11:00 AM					
11:10 - Yoga Xpress 30 min - E - Alicia	11:00 - Preschool Dance Fusion 45 Min - E - Pam M \$ Paid by Segment	11:10 - Yoga Xpress 30 min - E - Alicia		11:10 - Yoga Xpress 30 min - E - Brittany	
1:00 PM					
	1:15 - Fitness Yoga 50 min - E - Jaymi				
4:00 PM					
4:00 - Heated Yoga 50 min - E - Linda K		4:00 - Heated Yoga 50 min - E - Jaymi (NEW)			
5:00 PM					
5:00 - Preschool Dance Fusion 45 Min - E - Jaime B \$ Paid by Segment	5:00 - PiYo® 50 min - E - Heather	5:00 - Preschool Dance Fusion 45 Min - E - Jaime B \$ Paid by Segment	5:00 - PiYo® 50 min - E - Heather		
			5:30 - Level 1 Pilates Reformer 45 min - F - Cathy \$ Paid by Segment		
6:00 PM					
6:00 - Pilates Matwork 50 min - E - Claudia		6:00 - Pilates Matwork 50 min - E - Cathy			
7:00 PM					
7:00 - Yoga 60 Min - E - Jaymi		7:00 - Yoga/Restorative Fusion 60 Min - E - Debbie			

MIND & BODY STUDIO ETIQUETTE:

- 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.
- When the instructor arrives and is ready to start class, they will ask participants to enter in order of arrival.
- Exit the studio when the class is over. Note: All participants must exit the studio even if they plan to attend the next class.
- If the studio door is closed do not enter.**
- No shoes on studio floor.**
- Silence phones in studio.
- Please use lockers and/or shoe cubbies in studio for personal belongings.

SIGN-IN SHEET System for MARKED ** CLASSES:

- 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.
- 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.
- All open spots at the class start time are first come, first served.

NOTES:

- Age requirement: 14 and up. 10 - 13 year olds are welcome to attend classes 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.

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 VALPARAISO FAMILY YMCA
MOBILE APP?



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



WORKSHOPS at the YMCA

- **Wellness Center 101 for Adults - May 4**
Work with a certified instructor to learn how to use the Cybex weight machines and strength training recommendations.
- **What's For Dinner - May 14**
Join Christy Cleveland RN, BSN for a presentation on "What's for Dinner". She'll present healthy, quick, week-night ideas for families.
- **Yoga 101 - June 8**
This workshop is for those new to yoga or who want a fresh look at the basics. Participants will learn the fundamentals of a safe and supportive yoga practice, including foundational alignment in postures and breath. The goal of this workshop is to empower you to feel comfortable doing yoga.

FREE registration for Members at the Courtesy Desk or online.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROWING HEALTHY TOGETHER



Preschool Yoga VALPARAISO FAMILY YMCA

Children ages 3-5 will be introduced to age appropriate yoga poses in a small group setting.

Class will be on Wednesday's from 10:15-10:45am in Studio E

\$33 Members/ \$42 Non Members
Register at the Courtesy Desk or online beginning 4/8 for Members and 4/11 for Non Members

Classes begin April 17 and run through May 29.



STRENGTHEN LENGTHEN TONE

Register at Courtesy Desk or Online.
Classes begin April 15
\$65 YMCA Member,
\$85 Non Member

Pilates Reformer Group Classes

- Reformer Pilates offers a wide variety of exercises that works the entire body.
- Ideal for those recovering from knee or back injuries as the exercises are non-weight bearing.

MIND AND BODY - STUDIO F

LEVEL 1 CLASSES

Wednesday 9:00 am - Irma
Wednesday 10:00 am - Cathy
Thursday 5:30 pm - Cathy
Friday 9:00 am - Irma
Saturday 9:00 am - Irma

LEVEL 2 CLASSES

Monday 10:15 am - Alia

Level 2 requires previous reformer experience.



Free Weights for Youth FITNESS OPPORTUNITY FOR 13-16 YEARS OLD!

Youth will work with a certified instructor to learn the basics of strength training using the equipment in the free weight room.

Sundays at 12:30pm beginning the week of April 15.
FREE registration for Members at the Courtesy Desk.