



MIND & BODY SCHEDULE (Segment 4: June 3 - July 7)

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
5:00 AM					
	5:15 - Barre Connect 45 min - E - Liz B (NEW)				
8:00 AM					
8:00 - Ballet Barre 50 min - E - Alia	8:00 - Fitness Yoga 50 min - E - Linda K	8:00 - Pilates Matwork 50 min - E - Claudia	8:00 - Fitness Yoga 50 min - E - Linda K		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 - Pilates Reformer with Props 45 min - F - Irma \$ Paid by Segment (NEW)	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 - Pilates Reformer with Props 45 min - F - Alia \$ Paid by Segment (NEW)		10:15 - Preschool Yoga 30 min - E - Anita \$ Paid by Segment (NEW)	10:15 - Level 2 Pilates Reformer 45 min - F - Alia \$ 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	11:00 - Yoga for Kids 30 min - E - Jaymi \$ Paid by Segment (NEW)	11:10 - Yoga Xpress 30 min - E - Laura	
1:00 PM					
	1:15 - Yoga 50 min - E - Jaymi				
4:00 PM					
4:00 - Fitness Yoga 50 min - E - Linda K		4:00 - Yoga 50 min - E - Jaymi			
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 - 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 60 Min - E - Jaymi			

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.

KEEPING YOU CONNECTED!

THE Y MOBILE APP

SCHEDULES... PROGRAMS... UPDATES... AND MORE!

HOW TO INSTALL

Search "Studio" and install the "Studio" app.

APP Store **Google play**

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.

Power Lift Class

Small group barbell training class in a supportive and instructional environment. Learn the basics of power lifting through motivational workouts. Master the deadlift, clean, squat, and more!
Multi Level.

Wednesday 10:15am - Kristin R
Thursday 6:00pm - Lizz G

\$40 Members/ \$55 Non Members

Register at the Courtesy Desk or online beginning 5/27 for Members and 5/30 for Non Members



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Preschool and Kids Yoga
VALPARAISO FAMILY YMCA

Children will be introduced to age appropriate yoga poses in a small group setting.

Preschool Yoga (ages 3-5) Wednesday 10:15-10:45am

Kid Yoga (ages 6-10) Thursday 11:00-11:30am

\$24 Members/ \$30 Non Members

Register at the Courtesy Desk or online beginning 5/27 for Members and 5/30 for Non Members

Classes begin week of June 3.



STRENGTHEN LENGTHEN TONE

Register at Courtesy Desk or Online.

Classes begin June 3

\$47 YMCA Member,
\$61 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
Saturday 9:00 am - Irma

LEVEL 2 CLASS

Thursday 10:15 am - Alia

Level 2 requires previous reformer experience.

PILATES REFORMER WITH PROPS

Monday 10:15 am - Alia
Friday 9:00 am - Irma

Requires previous reformer experience.



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.

Uplifting Teens

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. Registration required.

These are 7 week classes.

Free registration for Members at the Courtesy Desk.