



# MIND & BODY SCHEDULE (Segment 2: February 18 - April 14)

## 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 - Melissa P		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 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 <b>\$ Paid by Segment</b>	9:00 - Level 2 Pilates Reformer 45 min - F - Alia <b>\$ Paid by Segment</b>	9:00 - Level 1 Pilates Reformer 45 min - F - Irma <b>\$ Paid by Segment</b>	9:00 - Level 1 Pilates Reformer 45 min - F - Irma <b>\$ Paid by Segment</b>
<b>10:00 AM</b>					
10:10 - Yoga for Athletes 50 Min - E - Kristin R (NEW)	10:00 - Fitness Yoga 50 min - E - Melissa P	10:00 - Level 1 Pilates Reformer 45 min - F - Cathy <b>\$ Paid by Segment</b>	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 <b>\$ Paid by Segment</b>		10:15 - Preschool Dance Fusion 45 Min - E - Shannon W <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 - Brittany	
<b>1:00 PM</b>					
	1:15 - Fitness Yoga 50 min - E - Linda K.				
<b>4:00 PM</b>					
4:00 - Heated Yoga 50 min - E - Linda K.					
<b>5:00 PM</b>					
5:00 - Preschool Dance Fusion 45 Min - E - Jaime B <b>\$ Paid by Segment</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>6:00 PM</b>					
6:00 - Pilates Matwork 50 min - E - Claudia		6:00 - Pilates Matwork 50 min - E - Cathy			
<b>7:00 PM</b>					
7:15 - Yoga 60 Min - E - Linda K.		7:15 - 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.

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



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

Available on the App Store | Get it on Google Play

- 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.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WORKSHOPS at the YMCA

- **Stand Tall Posture -  
March 9**

Learn why good posture is critical to everyday movement as well as exercise performance. Discuss why movement injuries are prevalent in our society and how to reduce your risk of sustaining common injuries such as lower back, shoulder, and neck pain.

- **Wellness Center 101 for  
Adults - April 13**

Work with a certified instructor to learn how to use the Cybex weight machines and strength training recommendations.

FREE registration for Members at the Y Courtesy Desk.

# ENERGETIC IMAGINATIVE FANTASTICAL



## Preschool Dance Fusion VALPARAISO FAMILY YMCA



Children age 3-5 will learn Ballet and Jazz in a fun and imaginative way. Ballet shoes recommended.

Two class options:  
Monday from 5:00-5:45pm or  
Wednesday from 10:15-11:00am  
in Studio E

\$49 Members \$63 Non Members  
Register at the Y Courtesy Desk  
Classes begin week of February 18

# STRENGTHEN LENGTHEN TONE

Register TODAY at the Y  
Courtesy Desk or Online.  
Classes begin in February.  
\$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  
Thursday 9:00 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 February 18.  
FREE registration for Members at the Y Courtesy Desk.