



# VALPARAISO FAMILY YMCA

## GROUP EX SCHEDULE

### FALL 2023

1201 Cumberland Crossing Dr  
Valparaiso, IN 46383  
219.462.4185

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM	<b>Boot Camp</b> Studio AB Courtney G 5:15am - 6am	<b>Cycle with Strength</b> Studio D/C Joy B 5:15am - 6am	<b>Boot Camp</b> Studio AB Courtney G 5:15am - 6am	<b>Cycle Tabata Fusion</b> Studio D/C Jazz 5:15am - 6am	<b>Boot Camp</b> Studio AB Courtney G 5:15am - 6am		
	<b>Cycle with Strength</b> Studio D Stephanie B 5:15am-6am				<b>Cycle with Strength</b> Studio D/C Stephanie 5:15am - 6am		
6AM	<b>Step &amp; Sculpt</b> Studio C Martha L 6am-6:45am		<b>Step &amp; Sculpt</b> Studio C Martha L 6am-6:45am		<b>Stretch, Flex &amp; Balance</b> Studio C Martha L 6am-6:30am	<b>TRX® Express</b> Studio D Melissa K 7:15am-7:45am	
8AM	<b>Cycle/TRX® Fusion</b> Studio D Melissa K 8am-8:45am	<b>TRX®/Barbell Fusion</b> Studio D Jen D 8am-8:45am	<b>Pliates Matwork</b> Studio E Claudia M 8am-8:50am	<b>Kettlebell/TRX®</b> Studio D Jen D 8:10am-8:55am		<b>Group Cycle</b> Studio D Melissa K 8am-8:45am	
	<b>Pliates Matwork</b> Studio E Alia H 8am-8:50am	<b>Beginner Yoga</b> Studio E Linda K 8am-8:50am	<b>Cycle with Strength</b> Studio D Jen D 8am-9am	<b>Beginner Yoga</b> Studio E Linda K 8am-8:50am	<b>SilverSneakers® Classic</b> Studio AB Julie P 8am-8:45am	<b>WERQ®</b> Studio AB Shana M 8am-8:50am	
	<b>SilverSneakers® Classic</b> Studio AB Mike J 8am-8:45am		<b>SilverSneakers® Classic</b> Studio AB Pam M 8am-8:45am		<b>Cycle/TRX® Fusion</b> Studio D Melissa K 8am-8:45am		
					<b>Beginner Yoga</b> Studio E Linda K 8am-8:50am		
9AM	<b>WERQ®</b> Studio AB Melissa M 9am-9:50am		<b>Dance Fitness/ WERQ®</b> Studio AB Cathy G 9am-9:50am	<b>WERQ®</b> Studio C Shana M 9am-10am		<b>Cycle with Strength</b> Studio D Diane A 9am-10am	

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9AM

10AM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9AM	<b>Cycle with Strength</b> Studio D Cariann T 9am-10am	<b>WERQ®</b> Studio C Shana M 9am-10am	<b>TBC</b> Studio C Joyce R 9am-9:50am	<b>Yoga</b> Studio E Linda K 9am-9:50am	<b>Cycle with Strength</b> Studio D Jen D 9am-10am	<b>Zumba®</b> Studio AB Jaime B 9am-9:50am	
	<b>Pilates Reformer Level 1 (Paid Class)</b> Studio F Kristen C 9am - 9:45am	<b>Yoga</b> Studio E Linda K 9am-9:50am	<b>Yoga</b> Studio E Silviya S 9am-10am	<b>Boot Camp</b> Studio AB Liz B 9:10am-10am	<b>Zumba®</b> Studio AB Patricia C 9am -9:50am		
	<b>Yoga</b> Studio E Alia H 9am-9:50am	<b>Boot Camp</b> Studio AB Courtney G 9:10am-10am	<b>Pilates Reformer w/ Props (Paid Class)</b> Studio F Kristen C 9am - 9:45am	<b>Cycle with Strength</b> Studio D Shannon C 9:15am-10:15am	<b>Pilates Reformer w/ Props (Paid Class)</b> Studio F Alia H 9am - 9:45am	<b>Yoga</b> Studio E Carrie/Brittany Rotation 9:05am-10:05am	
	<b>Boot Camp</b> Studio C Taylor M 9:15am-10am	<b>Cycle with Strength</b> Studio D Shannon C 9:15am-10:15am			<b>Yoga</b> Studio E Linda K 9am-9:50am	<b>Advanced Pilates Reformer (Paid Class)</b> Studio F Robyn J 9am - 9:45am	
10AM	<b>Advanced Pilates Reformer (Paid Class)</b> Studio F Kristen C 10am - 10:45am	<b>Yoga</b> Studio E Laura G 10:10am-11am	<b>Strength Training</b> Studio AB Pam M 10:10am-11am	<b>Yoga</b> Studio E Brittany 10:10am-11am	<b>Advanced Strength Training</b> Studio AB Shannon C 10:10am-11am	<b>R.I.P.P.E.D. For Beginners</b> Studio C Becky/Pam Rotation 10:10am-11am	
	<b>Pliates Matwork</b> Studio E Maureen C 10:10am-11am	<b>Strength Training</b> Studio AB Shana M 10:10am-11am	<b>Yin Yoga</b> Studio E Silviya S 10:10am-11am	<b>Strength Training</b> Studio AB Shana M 10:10am-11am	<b>Pliates Matwork</b> Studio E Cathy G 10:10am-11am	<b>Strength Training</b> Studio AB Rosi H/Shannon 10:10am-11am	
	<b>Strength Training</b> Studio AB Cecy D 10:10am-11am	<b>Dance Fitness</b> Studio C Liz W 10:10am-11am	<b>Circuit</b> Studio D/C Vicky S 10:10am-11am	<b>Barre</b> Studio C Alia H 10:10am-11am	<b>Fitness Drumming</b> Studio C Pam M 10:10am-11am		
	<b>Circuit</b> Studio D/C Vicky S 10:10am-11am				<b>Pilates Reformer w/ Props (Paid Class)</b> Studio F Alia H 9am - 9:45am		

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11AM	<b>Yoga Xpress</b> Studio E Alicia M 11:10am-11:40am		<b>Yoga Xpress</b> Studio E Alicia M 11:10am-11:40am	<b>SilverSneakers®</b> <b>Stability</b> Studio AB Rachel S 11:15am-12am	<b>Yoga Xpress</b> Studio E Silviya S 11:10am-11:40am		
				<b>Toddler &amp; Me</b> <b>Yoga 18mos - 3yrs</b> Studio E Silviya S 11:15am-11:45am			
		<b>SilverSneakers®</b> <b>Stability</b> Studio AB Rachel S 11:15am-12am					
12PM	<b>Beginner Dance Fitness</b> Studio AB Tonia F 12pm-12:50pm	<b>StayStrong</b> (Registration Required) Studio E Marilyn 12pm-12:45pm	<b>Beginner Dance Fitness</b> Studio AB Linda K 12pm-12:50pm	<b>Rock Steady Boxing</b> Studio AB Fitness Instructor 12:30pm 1:30pm	<b>Modern Line Dancing</b> Studio AB Melissa M 12pm-12:50pm		
	<b>Strength Express</b> Studio C Rachel S 12:15pm-12:45pm	<b>Rock Steady Boxing</b> Studio AB Fitness Instructor 12:30pm 1:30pm					
1PM	<b>SilverSneakers®</b> <b>Classic</b> Studio AB Julie P 1:15pm-2pm		<b>SilverSneakers®</b> <b>Classic</b> Studio AB Mike J 1:15pm-2pm		<b>SilverSneakers®</b> <b>Classic</b> Studio AB Maureen C 1:15pm-2pm		
		<b>SilverSneakers®</b> <b>Enerchi</b> Studio E Marilyn 1:00pm 1:45pm					
2PM		<b>SilverSneakers®</b> <b>Yoga</b> Studio AB Anita B 2pm-2:45pm		<b>Reserved for Special Programming</b> Studio E Self Led 2pm-2:30pm		<b>Little Ninja Brazilian Jiu-jitsu</b> (Paid class) Studio AB Patrick R 2:30pm-3pm	

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				SilverSneakers® Yoga Studio AB Anita B 2pm-2:45pm		Young Ninja Brazilian Jiu-jitsu (Paid class) Studio AB Patrick R 3pm-4pm	Zumba® Studio AB Cathy/Patricia Rotation 3pm-4pm
4PM		Kids Bodyweight Bootcamp Studio C Cecy 4:15pm-4:45pm		Kids Jr Dance Fitness (4-7) Studio C Liz W 4pm-4:30pm		Brazilian Jiu-jitsu (Paid class) Studio AB Patrick R 4pm-6pm	
		Reserved for Special Programming Studio E Instructor 4pm-4:45pm		Kids Jr Dance Fitness (8-12) Studio C Liz W 4:45pm-5:15pm			
	Beginner Yoga Studio E Julie R 4pm - 5pm	WERQ® Studio AB Shana 4pm-4:50pm	Beginner Yoga Studio E Julie R 4pm - 5pm	WERQ® Studio AB Vicky S 4pm-4:50pm			
5PM		Reserved for Special Programming Studio E Instructor 5pm-7:30pm		Wellness Center 101 (Registration Required) Wellness Center Krysta Z 4pm-5pm			
	Zumba® Studio AB Patricia C 5pm-5:50pm	TRX®/Strength Studio D Cecy D 5pm-5:50pm	MixedFit®/ Zumba® Studio C Rosi H 5pm-5:50pm	TBC Studio AB Cathy G 5pm-5:50pm			
	Preschool Dance Studio E Jaime B 5:15pm-5:45pm		Strength Xpress Studio AB Vicky S 5:15pm-5:45pm	TRX®/Strength Studio D Cecy D 5pm-5:50pm			
	Strength Xpress Studio C Rosi H 5:15pm-5:45pm	TBC Studio AB Cathy G 5pm-5:50pm	Yoga Studio E Kya 5:30pm-6:30pm	Zumba® Gold-Toning Studio C Becky R 5:30pm-6:20pm			

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	<b>Pilates Reformer Level 1 (Paid Class)</b> Studio F Reese R 5:45pm - 6:30pm	<b>Zumba® Gold-Toning</b> Studio C Becky R 5:30pm-6:20pm	<b>Cycle with Strength</b> Studio D Cariann T 5:30pm-6:30pm	<b>Pilates Reformer Level 1 (Paid Class)</b> Studio F Reese R 5:45pm - 6:30pm			
			<b>Advanced Pilates Reformer (Paid Class)</b> Studio F Robyn J 5pm - 5:45pm	<b>Reserved for Special Programming</b> Studio E Instructor 5pm-7:30pm			
6PM	<b>Cycle with Strength</b> Studio D Diane A 6pm-7pm	<b>Tae Kwon Do (Paid Class)</b> Studio AB José R 6pm-7pm	<b>WERQ®</b> Studio AB Vicky S 6pm-6:50pm	<b>Tae Kwon Do (Paid Class)</b> José R 6pm-7pm			
	<b>Pound®</b> Studio C Jaime B 6pm - 6:50pm						
	<b>Pliates Matwork</b> Studio E Claudia M 6pm-6:50pm						
	<b>Sports performance for Young Athletes (Paid Class)</b> Certified Trainer 6pm-6:50pm						
7PM	<b>Brazilian Jiu-jitsu (Paid class)</b> Studio AB Patrick R 7pm-8:30pm	<b>Tae Kwon Do (Paid Class)</b> Studio AB José R 7pm-8pm	<b>Brazilian Jiu-jitsu (Paid class)</b> Studio AB Patrick R 7pm-8:30pm	<b>Tae Kwon Do (Paid Class)</b> Studio AB José R 7pm-8pm			
				<b>Pilates Reformer Level 1 (Paid Class)</b> Studio F Laura I 7:15pm - 8pm			
8PM		<b>Brazilian Jiu-jitsu (Paid class)</b> Studio AB Patrick R 8pm-9:30pm		<b>Brazilian Jiu-jitsu (Paid class)</b> Studio AB Patrick R 8pm-9:30pm			

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## CLASS DESCRIPTIONS

### VALPARAISO FAMILY YMCA

\* Valpo Y Members can book spots in the app

**Advanced Pilates Reformer (paid class)** – Build upon the classical Pilates exercises to work toward more challenging movements. Previous Pilates Reformer experience required.

**Barre\*** – Workout class combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training.

**Beginner Dance Fitness\*** – Dance fitness at a slower pace, great for beginners or active older adults.

**Beginner Yoga\*** – Class is designed to meet the needs of our beginner members. Move your body through a series of standing yoga poses designed to increase flexibility and balance.

**Boot Camp\*** – Intervals of cardio and strength training using drills and stations.

**Brazilian Jiu-jitsu (paid class)** – Is a martial art, combat sport, and a self-defense system that focuses on grappling and ground fighting. Free openmat (practice) for all class participants. Saturdays 4:00–6:00 pm.

**Circuit\*** – High intensity class that will offer stations of both strength and cardio exercises. Multiple modalities may be used such as dumbbells, stability balls, battle ropes, TRX®, row machines, rubber resistance, speed bags, heavy bags and more.

**Cycle Barbell Fusion\*** – Small group cycling class with strength using the barbell incorporating exercises such as the deadlift, clean, squat, and more.

**Cycle with Strength\*** – Group cycling with some strength and conditioning.

**Cycle/Tabata Fusion\*** – Group cycle class incorporating short, high intensity interval training using the Tabata method, classes are offered at multi-level and intermediate/advanced levels.

**Cycle/TRX® Fusion\*** – Group cycle class incorporating intervals of strength training using the TRX® suspension trainers.

**Dance Fitness Party\*** – Shake up your Friday night with a dance fitness party at the Y! Dance fitness class with a different instructor each week, featuring pop, Latin, rock, and hip-hop music.

**Dance Fitness/WERQ®\*** – A dance fitness class featuring pop, latin, rock and hip hop music.

**Deep Water Fitness\*** – Great full body, low impact, strength & cardio fitness class. Uses buoyancy and resistance effects of the deep end of the pool. Some swimming skills and comfort in deep water required. If you are a weak or non-swimmer, please let the instructor know.

**Deep Water Running\*** – Fun, non-impact form of running in place in the water wearing a flotation belt. If you are a weak or non-swimmer, please let the instructor know.

**Fitness Drumming\*** – Use light weight drumsticks and pound to beat for an energizing, cardiovascular workout. Class is easily modifiable for all workout levels.

**Group Cycle\*** – Indoor cycling at varying pace and intensity, classes are offered at multi-level and intermediate/advanced levels.

**HIIT and Run\*** – High intensity interval training on treadmills and with free weights. Meets in the Wellness Center.

**Kettlebell/TRX® Fusion\*** – This small group class will focus on strength training using both kettlebells and TRX® suspension trainers. Download MINDBODY: Fitness, Salon & Spa app to book spot in class.

**Kids Bodyweight Bootcamp Age 4–7\*** – A 30-minute full body workout incorporating kid-friendly exercises to get kids moving. Ages 4–7 welcome.

**Kids Bodyweight Bootcamp Age 8–12\*** – A 30-minute full body workout incorporating kid-friendly exercises to get kids moving. Ages 8–12 welcome.

**Little Ninja Brazilian Jiu-jitsu (paid class)** – The fitness-based trainings and games help to develop motor control, balance, coordination, as well as learning to follow directions. The lessons are for the Little Ninjas to start building confidence as they grasp basic concepts of Jiu-Jitsu.

**MixedFit®/Zumba®\*** – MIXEDFIT® is a fun class incorporating explosive bodyweight movements, paired with Zumba®, a high energy cardio class using a variety of dance styles and international music.

**Pilates Matwork\*** – Core strengthening exercises with a focus on flexibility and posture. Pilates Reformer – Level 1 (paid class) – Learn the fundamentals of resistance training using the Pilates reformer.

**Pilates Reformer Boot Camp (paid class)** – Fundamentals of resistance training using the Pilates reformer with intervals of cardio and strength training.



## CLASS DESCRIPTIONS

### VALPARAISO FAMILY YMCA

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**Pilates Reformer w/ Props (paid class)** – Improve strength, flexibility, and mobility with a series of beginner and intermediate exercises using props including the magic circle, jump board, weights, resistance bands and more. Previous Pilates Reformer experience required.

**PiYo®** – PiYo® combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. A faster tempo means a true fat-burning, low-impact workout that leaves your body feeling long, lean, and strong.

**Pound®** – Use light weight drumsticks and pound to beat for an energizing, cardiovascular workout. Class is easily modifiable for all workout levels.

**Preschool Dance Fusion\*** – Preschoolers will learn Ballet and Jazz in a fun and imaginative way. Ballet shoes recommended.

**R.I.P.E.D. for Beginners\*** – A total body workout modified for beginners, utilizing resistance and cardio training which combines Resistance, Intervals, Power, Plyometrics, Endurance and Diet components.

**Reserved for Special Programming** – This Studio time is reserved for a Special Programming Event.

**Rock Steady Boxing (Paid program)** – this class is for people with Parkinson's disease. Through a non-contact boxing based fitness curriculum participants will gain strength, coordination and confidence.

**SilverSneakers® Classic\*** – Have fun and move to the music through exercises designed to increase strength, range of motion and activities for daily living.

**SilverSneakers® Stability\*** – Class is designed to help participants become stronger and improve balance by using specific movements to increase strength and power around the ankle, knee and hip joints, as well improving reaction time. A chair may be used for balance.

**SilverSneakers® Yoga\*** – Move your body through a series of seated and standing yoga poses designed to increase flexibility and balance.

**Sports Performance for Young Athletes (paid class)** – Improve your overall sports performance by training with our certified trainers. Participants will improve their strength, speed, agility, and overall athletic performance. Classes offered for middle school and high school age.

**StayStrong (registration required)** – StayStrong cancer support program provides an opportunity for LiveSTRONG® at the Y alumni to continue their health and wellness journey.

**Step & Sculpt\*** – Cardio on the Step including muscle sculpting with weights and/or matwork.

**Strength Training\*** – Total body strength training using weights, bands, stability balls, gliders and/or matwork.

**Strength Xpress\*** – Total body strength training using weights, bands, stability balls gliders and/or matwork. 30 minute class, great for beginners!

**Stretch, Flex & Balance\*** – A class focused on improving stability and flexibility with balance work and stretching.

**Tae Kwon Do (paid class)** – Increase self-confidence and self-esteem through Tae Kwon Do, the Korean art of self-defense. Defensive techniques and conflict resolution skills will be introduced in a comprehensive system of self-protection. Beginner-Advanced. Ages 7 – Adult

**TBC\*** – Total body conditioning is an interval-style class designed to improve cardiovascular fitness, muscle strength, and flexibility. Classes are offered at multi-level and advanced levels.

**TRX® Xpress\*** – TRX® suspension training uses body weight exercise to develop strength, balance, flexibility and core stability simultaneously.

**TRX®/Barbell Fusion\*** – This small group class will focus on strength training using both TRX® suspension trainers and barbells.

**TRX®/Strength\*** – Class will focus on strength training using both TRX® suspension trainers and dumbbells. TRX® suspension training uses body weight exercise to develop strength, balance, flexibility and core stability simultaneously.

**Wellness Center 101 (registration required)** – 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. Youth in this progressive class will become proficient in use of equipment, rules and gym etiquette.

**WERQ®** – A dance fitness class based on pop, rock and hip hop music.

**Yin Yoga\*** – The class focuses on the deeper tissues of the body. Using yin poses, breathing techniques and props for support to surrender into the postures.

**Yoga\*** – Classes offered at every level to improve flexibility, balance and strength; may include hands on adjustments. Some levels will work toward more challenging poses, Sun Salutations, complex breath work and the yoga philosophy.



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**Yoga Xpress\*** – 30 minute fitness yoga class to improve flexibility, balance and strength. Great for beginners!

**Young Ninja Brazilian Jiu-jitsu (paid class)** – Besides learning jiu-jitsu in a safe, fun, and encouraging environment, we teach our students respect and discipline and the importance of healthy living. Children will learn self-defense techniques, build confidence and self-discipline.

**Zumba® \*** – A high energy cardio class using a variety of dance styles and international music. Zumba® classes are offered at multi-level, intermediate/advanced.

**Zumba® Gold-Toning\*** – The Zumba party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks to shake up those muscles!

**Zumba® Kids Age 8-12\*** – For ages 8-12. A rocking, high-energy dance party packed with specially choreographed, kid-friendly routines, and all the music kids love, like hip-hop, reggaeton, cumbia and more.

**Zumba® Kids Jr. Age 4-7\*** – For ages 4-7. A rocking, high-energy dance party packed with specially choreographed, kid-friendly routines, and all the music kids love, like hip-hop, reggaeton, cumbia and more.