VALPARAISO FAMILY YMCA
GROUP EX SCHEDULE
FALL 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM	Cycle w/Strength Studio C/D Stephanie B 5:15am-6am	Cycle w/Strength Studio C/D Courtney G 5:15am-6am		Cycle Tabata Fusion Studio C/D Stephanie B 5:15am-6am			
				SHiNE/WERQ® Studio AB Chelsea o 5:15am-6:05am			
6AM	Step & Sculpt Studio AB Martha L 6am-6:45am		Step & Sculpt Studio AB Martha L 6am-6:45am		Stretch Flex &Balance Studio AB Martha L 6am-6:30am		
8AM	Pilates Matwork Studio E Michele E 7:55am-8:50am	Beginner Yoga Studio E Linda K 7:55am-8:50am	Pilates Matwork Studio E Claudia M 7:55am-8:50am	Beginner Yoga Studio E Linda K 7:55am-8:50am	Beginner Yoga Studio E Linda K 7:55am-8:50am	SHiNE/WERQ® Studio AB 8am-8:50am	
	Silver Sneakers® Classic Studio AB Mike J 8am-8:45am	TRX® Cycle Bootcamp Studio C/D Liz B 8am-9am	Silver Sneakers® Classic Studio AB Pam M 8am-8:45am		Silver Sneakers® Classic Studio AB Julie P 8am-8:45am		
		SHiNE/WERQ® Studio AB Chelsea O 8am-8:50am	Cycle w/Strength Studio C/D Stephanie B 8am-8:50am		TRX® Studio D Melissa K 8am-8:50am		
	Aquanastics Leisure Pool 8:30-9:15am		Aquanastics Leisure Pool 8:30am-9:15am	Aquanastics Leisure Pool 8:30am-9:15am	Pilates Matwork Studio C Michele E 8am-8:50am		
					Aqua Arthritis Leisure Pool 8:30am-9:15am		

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GROUP EX SCHEDULE
FALL 2026

the YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9AM	Yogalates Studio E Maureen C 8:55am–9:50am	Yoga Studio E Linda K 8:55am–9:50am	Mindful Breath Yin Yoga Studio E Ezio G 8:55am–9:50am	Yoga Studio E Linda K 8:55am–9:50am	Advanced Yoga Studio E Linda K 8:55am–9:50am	Cycle w/Strength Studio D Diana A 9am–10am	
	SHiNE/WERQ® Studio AB Missy M 9am–9:50am	WERQ® Pilates Cooldown Studio C Cathy G 9am–10am	TBC Studio AB Joyce R 9:05am–9:55am	SHiNE/WERQ® Studio AB Missy M 9am–9:50am	Pound® Studio C Jaime B 9am–9:50am	Zumba® Studio AB Jaime B 9am–9:50am	
	Cycle w/ Strength Studio D Cariann T 9am–10am	Deep Water Fitness Lap Pool 9am–10am	Active Fitness Lap Pool 9am–9:45am	Kick HIIT Xpress Studio C 9am–9:45am	Zumba® Studio AB Patricia C 9am–9:50am		
	Active Fitness Lap Pool 9am–9:45am	Advanced Core and Stability Studio AB Coach Jay'O 9:10am–10am	Cycle Xpress Studio D Anna A 9am–9:30am	Deep Water Fitness Lap Pool 9am–10am	Active Fitness Lap Pool 9am–9:45am		
		Cycle w/Strength Studio D Shannon C 9:15am–10:15am	SHiNE/Zumba® Studio C Cathy G 9am–9:50am	Cycle w/Strength Studio D Shannon C 9:15am–10:15am	TRX® Cardio Circuit Melissa K 9am–9:50am		
9:30AM	Aqua Arthritis Leisure Pool 9:30–10:15am		Aqua Arthritis Leisure Pool 9:30am–10:15am	Aqua Arthritis Leisure Pool 9:30am–10:15am	Aqua Arthritis Leisure Pool 9:30–10:15am		
	Active Fitness Lap Pool 9:50am–10:35am		Active Fitness Lap Pool 9:50am–10:35am		Active Fitness Lap Pool 9:50am–10:35am		

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10AM	Mindful Breath Yin Yoga Studio E Ezio G 10:05-11am	Yoga Studio E Laura G 10:05am-11am		Embodiment Yoga Studio E Jenni B 10:05am-11am	Pilates Matwork Studio E Cathy G 10:05am-11am	R.I.P.P.E.D for Beginners Studio C 10:10-11am	
	Strength Training Studio AB Maureen C 10:10am-11am	Strength Training Studio AB Courtney G 10:10am-11am	Strength Training Studio AB Cecy D 10:10am-11am	Strength Training Studio AB Jillian A 10:10am-11am	Advanced Strength Training Studio AB 10:10-11am	Strength Training Studio AB 10:10-11am	
	Circuit Studio C/D Jay'O 10:10am-11am	Beginner TRX® Studio D Laura B 10:30-11:20am	Circuit Studio C/D Jay'O		Fitness Drummming Studio C Pam M 10:10am-11am	Mindful Breath Yoga Studio E Ezio G 10:15am-11:05am	
					Cycle Circuit Studio D Jay'O 10:10am-11am		
11AM	Deep Water Running Lap Pool						
	Yoga Xpress Studio E Alicia M 11:05am-11:45am	Silver Sneakers® Stability Studio AB Courttney G 11:15am-12pm	Yoga Xpress Studio E Alicia M 11:05am-11:45am	Silver Sneakers® Stability Studio AB Courtney G 11:15am-12pm	Yoga Xpress Studio E Silviya S 11:05-11:40am	Weekly Reset Meditation Studio E Kelly J 11:15am-11:45am	Mindful Breath Yoga Studio E Ezio G 11:15am-12:05pm
	Strength Xpress Studio C Maureen C 11:15am-12pm	Reserved for Special Programming Studio E 11:30am-12:45pm	Strength Xpress Studio AB Linda K 11:15am-11:50am	Reserved for Special Programming Studio E 11:30-12:45pm		Zumba® Kids! FAM JAHM Studio AB Jen HM 11:30-12pm	

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11AM	Dance Step Mix Up Studio AB Dawn C 11:15am-12:05pm		Peddling for Parkison's Studio D 11:15am-11:45am		Dance Step Mix Up Studio AB Dawn C 11:15am-12:05pm		
12pm	Zumba® Studio AB Marinel B 12:15pm-1:05pm	Rock Steady Boxing (Program) 12:30pm-1:30pm	Beginner Dance Fitness Studio AB Linda K 12pm-12:50pm	Rock Steady Boxing (Program) 12:30pm-1:30pm	Beginner Dance Fitness Studio AB Tonia F 12:15pm-1:05pm		
1PM	Silver Sneakers® Classic Julie P 1:15pm-2pm	Silver Sneakers® Enerchi Studio E Marylin A 1pm-1:45pm	Silver Sneakers® Circuit Studio AB Jillian A 1:15pm-2pm		Silver Sneakers® Classic Studio AB Courtney G 1:15pm-2pm		
2pm	Silver Splash® Leisure Pool 2:15pm-3pm	Silver Sneakers® Yoga Studio AB Anita B 2pm-2:45pm	Silver Splash® Leisure Pool 2:15pm-3pm	Silver Sneakers® Yoga Studio AB Anita B 2pm-2:45pm			
3pM							Zumba® Studio AB 3pm-4pm
4pm		Mixed Fit Zumba® Srudio C Rosi H 4:40pm-5:25pm	Athletic Fitness (PAID) Studio AB Jay'O 4pm-4:45pm	SHiNE Dance Fitness Studio C Leslie K 4:40pm-5:25pm	Deep Water Running Lap Pool George N 4:15pm-5pm		Restoritive Yoga Studio E Jewels H 4pm-5pm

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FALL 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5PM	Zumba® StudioAB Patricia C 5pm-5:50pm	TBC Studio AB Cathy G 5pm-5:50pm		Strength Circuit Studio AB Ctahy G 5pm-5:50pm			
	Strength Xpress Studio C Rosi H 5:15pm-5:45pm	TRX®w/Strength Studio D Cecy D 5pm-5:50pm		TRX®w/Strength Studio D Cecy D 5pm-5:50pm			
	Ballet Basics Studio E Jen HM 5:15pm-5:45pm	Zumba® Gold Toning Studio C Becky R 5:30pm-6:20pm	Zumba® KIDS! Let's JAMH Studio C Jen HM 5:30pm-6pm	Zumba® Gold Toning Studio C Becky R 5:30-6:20pm			
	Pilates Matwork Studio E Caludia M 5:55pm-6:50pm		Cycle w/Strength Studio D Carianne T 5:30pm-6:30pm	Y Dance Co (PAID) Studio E Jen HM 5:30pm-6:15pm			
6PM	Aqua Zumba® Leisure Pool 6pm-6:45pm	Gentle Yoga Studio E Carrie K 6pm-7pm	Aqua Zumba® Leisure Pool 6pm-6:45pm	Tae Kwon Do (Paid) Studio AB 6pm-7pm			
	Cycle w/Strength Studio D Diana A 6pm-7pm	Tae Kwon Do (PAID) Studio AB 6pm-7pm					
	Pound® Studio C Jaime B 6pm-6:50pm		SHiNE/WERQ® Studio AB Vicky S 6pm-6:50pm				
7PM		Tae Kwon Do (PAID) Studio AB 7pm-8pm		Tae Kwon Do (PAID) Studio AB 7pm-8pm			

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VALPARAISO FAMILY YMCA
GROUP EX
CLASS DESCRIPTIONS

*Valpo Y Members can book spots in the app.

Advanced Core & Stability* – This class will focus on core strength and stability. We will work on strengthening the abdominals, glutes, lower back, hips, and shoulders.

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

Active Fitness – An ideal way to workout the entire body! Class includes an aerobic component, flexibility, strength, and endurance. Routines are done to music. Takes place in the Lap pool. See pool schedule for times.

Aqua Arthritis – Fitness program designed for those with arthritis needs that allows exercise without putting excess strain on joints and muscles. No swimming skills required. Takes place in the Leisure Pool. See pool schedule for times.

Aqua Zumba – It's a pool party! Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe and challenging water-based workout. Takes Place in the Leisure Pool. See pool schedule for times.

Aquanastics – Promotes strength, mobility, flexibility, improved circulation, and relaxation. No swimming skills required. Takes place in the Leisure Pool. See Pool schedule for times.

Barre Connect* – Barre Connect classes are high-energy, full-body workouts that blend four core disciplines: ballet and dance technique, yoga poses, functional strength exercises, and cardiovascular bursts. Designed for all fitness levels, these musically driven sessions build long, lean muscles, improve flexibility, and enhance mind-body.

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 different 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 open mat (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 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.

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

DanceStep MixUp – is a low-impact cardio workout that involves stepping on and off a raised platform. This workout includes a variety of dance moves enhancing flexibility, balance and coordination.

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 are 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.

Embodiment Yoga – Embodiment yoga is a nurturing mindful, somatic practice focusing on allowing the body to cultivate awareness in the present moment: allowing the body to open and move at its own pace.

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.

VALPARAISO FAMILY YMCA
GROUP EX
CLASS DESCRIPTIONS

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Gentle Yoga – Gentle yoga is a slower-paced and less intense form of yoga that emphasizes relaxation, flexibility, and mindfulness.

Mindful Breath Yoga – Experience the profound benefits of full yogic breathing, as movement and breath are synchronized throughout this practice. Postures are held longer, moving deeper into specific points of the body, allowing each student to experience each pose to its fullest.

MixxedFit®/Zumba®* – MIXXEDFIT® 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 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.

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

Restorative Yoga – this class is a slow, gentle practice focused on deep relaxation and stress reduction through passive, supported poses held for several minutes. It uses props like bolsters, blankets, and blocks to support the body completely, allowing the nervous system to relax and promoting a meditative state.

R.I.P.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® Circuit* – The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body resistance work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball.

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 as 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.

Slow Flow Yoga – this class is a slow, gentle practice focused on deep relaxation and stress reduction through passive, supported poses held for several minutes. It uses props like bolsters, blankets, and blocks to support the body completely, allowing the nervous system to relax and promotes a meditative state.

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 mat work.

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

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

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

VALPARAISO FAMILY YMCA
GROUP EX
CLASS DESCRIPTIONS

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Silver Splash – Improve agility, flexibility and cardiovascular endurance in shallow water. Develop strength, balance, and coordination with a special Silver Sneakers® kick-board. No swimming skills required. Low-Mid level intensive class. Takes place in the Leisure Pool. See pool schedule for times.

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®/Body Weight Fusion* – TRX® body weight training is a form of suspension training that uses body weight as resistance. It is an exercise method that improves total body strength, stability, and cardiovascular health without traditional weightlifting. TRX workouts target muscles all over the body, challenge balance and coordination, and can get the heart rate up for a cardio workout.

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.

Vinyasa Yoga – A dynamic and flowing style of hatha yoga which links breath and movement through a creative series of postures that balance strength and flexibility while cultivating mindfulness through a continuous flow.

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.

WERQ® Pilates Fusion* – A Dance Pilates Fusion class combines the movements and principles of both dance and Pilates, focusing on core strength, flexibility, and mindful movement, often with a focus on improving posture and body awareness.

Weekly Reset Meditation – This 30-minute meditation class offers a calm, supportive space to pause, recharge, and refocus. Designed for all experience levels, each session includes gentle guided meditation and simple mindfulness techniques you can carry into your daily life. Whether you're new to meditation or looking to deepen your practice, you'll leave feeling more grounded, centered, and refreshed. Come as you are—no prior experience needed.

Yogalates – This class fuses yoga's focus on stretching, flexibility, and mindfulness with Pilates' emphasis on core strength, stability, and muscle toning. This fusion is a great workout to build muscle and stamina while teaching focus and relaxation.

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.

Youth Yoga* – Youth yoga makes yoga accessible and fun, giving children tools for physical health and emotional well-being in a supportive, non-competitive environment. Kids ages 5-9 will learn Yoga Poses in a fun and imaginative way. Yoga mat recommended but not required. We ask a parent/guardian to stay with your child in class.

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.

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

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! Let ´s JAHM – Let's get our JAHM ballet on! Movements and music for kids! Dance fitness for ages 4-11. Come learn some new moves and dance those wiggles out!

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!