# VALPARAISO FAMILY YMCA
# GROUP EX SCHEDULE
## FALL 2026

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

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|---|---|---|---|---|---|---|---|
| 9AM | Yogalates<br>Studio E<br>Maureen C<br>8:55am–9:50am | Yoga<br>Studio E<br>Linda K<br>8:55am–9:50am | Mindful Breath<br>Yin Yoga<br>Studio E<br>Ezio G<br>8:55am–9:50am | Yoga<br>Studio E<br>Linda K<br>8:55am–9:50am | Advanced Yoga<br>Studio E<br>Linda K<br>8:55am–9:50am | Cycle w/Strength<br>Studio D<br>Diana A<br>9am–10am | |
| | SHiNE/WERQ®<br>Studio AB<br>Missy M<br>9am–9:50am | WERQ® Pilates<br>Cooldown<br>Studio C<br>Cathy G<br>9am–10am | TBC<br>Studio AB<br>Joyce R<br>9:05am–9:55am | SHiNE/WERQ®<br>Studio AB<br>Missy M<br>9am–9:50am | Pound®<br>Studio C<br>Jaime B<br>9am–9:50am | Zumba®<br>Studio AB<br>Jaime B<br>9am–9:50am | |
| | Cycle w/ Strength<br>Studio D<br>Cariann T<br>9am–10am | Deep Water<br>Fitness<br>Lap Pool<br>9am–10am | Active Fitness<br>Lap Pool<br>9am–9:45am | Kick HIIT Xpress<br>Studio C<br>9am–9:45am | Zumba®<br>Studio AB<br>Patricia C<br>9am–9:50am | | |
| | Active Fitness<br>Lap Pool<br>9am–9:45am | Advanced Core<br>and Stability<br>Studio AB<br>Coach Jay'O<br>9:10am–10am | Cycle Xpress<br>Studio D<br>Anna A<br>9am–9:30am | Deep Water<br>Fitness<br>Lap Pool<br>9am–10am | Active Fitness<br>Lap Pool<br>9am–9:45am | | |
| | | Cycle w/Strength<br>Studio D<br>Shannon C<br>9:15am–10:15am | SHiNE/Zumba®<br>Studio C<br>Cathy G<br>9am–9:50am | Cycle w/Strength<br>Studio D<br>Shannon C<br>9:15am–10:15am | TRX® Cardio<br>Circuit<br>Melissa K<br>9am–9:50am | | |
| 9:30AM | Aqua Arthritis<br>Leisure Pool<br>9:30–10:15am | | Aqua Arthritis<br>Leisure Pool<br>9:30am–10:15am | Aqua Arthritis<br>Leisure Pool<br>9:30am–10:15am | Aqua Arthritis<br>Leisure Pool<br>9:30–10:15am | | |
| | Active Fitness<br>Lap Pool<br>9:50am–10:35am | | Active Fitness<br>Lap Pool<br>9:50am–10:35am | | Active Fitness<br>Lap Pool<br>9:50am–10:35am | | |
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|---|---|---|---|---|---|---|---|
| 10AM | Mindful Breath Yin Yoga<br>Studio E<br>Ezio G<br>10:05-11am | Yoga<br>Studio E<br>Laura G<br>10:05am-11am | | | Pilates Matwork<br>Studio E<br>Cathy G<br>10:05am-11am | R.I.P.P.E.D for Beginners<br>Studio C<br>10:10-11am | |
| | Strength Training<br>Studio AB<br>Maureen C<br>10:10am-11am | Strength Training<br>Studio AB<br>Courtney G<br>10:10am-11am | Strength Training<br>Studio AB<br>Cecy D<br>10:10am-11am | Strength Training<br>Studio AB<br>Vicky S<br>10:10am-11am | Advanced Strength Training<br>Studio AB<br>10:10-11am | Strength Training<br>Studio AB<br>10:10-11am | |
| | Circuit<br>Studio C/D<br>Jay'O<br>10:10am-11am | Beginner TRX®<br>Studio D<br>Laura B<br>10:30-11:20am | Circuit<br>Studio C/D<br>Jay'O | | Fitness Drummming<br>Studio C<br>Pam M<br>10:10am-11am | Mindful Breath Yoga<br>Studio E<br>Ezio G<br>10:15am-11:05am | |
| | | | | | Cycle Circuit<br>Studio D<br>Jay'O<br>10:10am-11am | | |
| 11AM | Deep Water Running<br>Lap Pool<br>11am-12pm | | | | | | |
| | Yoga Xpress<br>Studio E<br>Alicia M<br>11:05am-11:45am | Silver Sneakers®<br>Stability<br>Studio AB<br>Courttney G<br>11:15am-12pm | Yoga Xpress<br>Studio E<br>Alicia M<br>11:05am-11:45am | Silver Sneakers®<br>Stability<br>Studio AB<br>Courtney G<br>11:15am-12pm | Yoga Xpress<br>Studio E<br>Silviya S<br>11:05-11:40am | Weekly Reset Meditation<br>Studio E<br>Kelly J<br>11:15am-11:45am | Mindful Breath Yoga<br>Studio E<br>Ezio G<br>11:15am-12:05pm |
| | Strength Xpress<br>Studio C<br>Maureen C<br>11:15am-12pm | Reserved for Special Programming<br>Studio E<br>11:30am-12:45pm | Strength Xpress<br>Studio AB<br>Linda K<br>11:15am-11:50am | Reserved for Special Programming<br>Studio E<br>11:30-12:45pm | | Zumba® Kids!<br>FAM JAHM<br>Studio AB<br>Jen HM<br>11:30-12pm | Super Cycle<br>Studio D<br>Alicia M<br>11:15am-12:45pm |

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

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

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# 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.

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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.

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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!