



# VALPARAISO FAMILY YMCA

## GROUP EX SCHEDULE

### JUNE 1 - AUGUST 31

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 with Strength</b> Studio D/C Stephanie B 5:15am - 6am	<b>Boot Camp</b> Studio AB Taylor M 5:15am - 6am		
				<b>Cycle/Tabata Fusion</b> Studio C/D Stephanie 5:15-6am			
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		
7AM						<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>MOTR®</b> Studio C Alia H 8am-8:45am	<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>MOTR®</b> Studio C Rachel S 8:15am - 9am		<b>Pilates Reformer w/ Props (Paid Class)</b> Studio F Kristen C 8:45am - 9:30am		<b>Beginner Yoga</b> Studio E Linda K 8am-8:50am		

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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>PiYo®</b> Studio C Heather C 9am-9:50am	<b>Cycle with Strength</b> Studio D Diane A 9am-10am	
	<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> Jamie 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>PiYo®</b> Studio C Heather 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>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/Silviya 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 D 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>Core Yoga</b> Studio E Maureen C 10:10am-11am	<b>Strength Training</b> 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 Fitness Instructor 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		

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	<b>Circuit</b> Studio D/C Vicky S 10:10am-11am				<b>Pilates Reformer Boot Camp (Paid Class)</b> Studio F Robyn J 9am - 9:45am		
11AM	<b>Yoga Xpress</b> Studio E Alicia M 11:10am-11:40am	<b>SilverSneakers® Stability</b> Rachel S 11:15am-12am	<b>Yoga Xpress</b> Studio E Alicia M 11:10am-11:40am	<b>SilverSneakers® Stability</b> Studio AB Rachel S 11:15am-12am	<b>Yoga Xpress</b> Studio E Silviya S 11:10am-11:40am	<b>Wellness Center 101 (Registration Required)</b> Studio E Pam M 11:15am-12:15pm	
	<b>Pilates Reformer Level 1 (Paid Class)</b> Studio F Irma W 11am - 12pm	<b>MOTR®</b> Studio C April 11:15am - 12pm	<b>Pilates Reformer Boot Camp (Paid Class)</b> Studio F Irma W 11:15am-12pm		<b>MOTR®</b> Studio C Rachel S 11:30am-12:50pm		
12PM	<b>Beginner Dance Fitness</b> Studio AB Tonia F 12pm-12:50pm	<b>StayStrong</b> (Registration Required) Studio C 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 Maureen M 12pm-12:50pm		
		<b>Rock Steady Boxing</b> Studio AB Fitness Instructor 12:30pm 1:30pm					
1PM	<b>SilverSneakers® Classic</b> Studio AB Julie P 1:15pm-2pm		<b>SilverSneakers® Classic</b> Studio AB Mike J 1:15pm-2pm		<b>SilverSneakers® Classic</b> Studio AB Maureen C 1:15pm-2pm		
2PM	<b>MOTR®</b> Studio C April L 2:45pm-3:30pm	<b>SilverSneakers® 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 (Paid class)</b> Studio AB Patrick R 2:30pm-3pm	
				<b>SilverSneakers® Yoga</b> Studio AB Anita B 2pm-2:45pm			

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3PM						Young Ninja Brazilian Jiu-jitsu (Paid class) Studio AB Patrick R 3pm-4pm	Zumba® Studio AB Cathy/Patricia Rotation 3pm-4pm
4PM	Beginner Yoga Studio E Heather B 4pm - 5pm	WERQ® Studio AB Shana 4pm-4:50pm	Beginner Yoga Studio E Kya D 4pm - 5pm			Brazilian Jiu-jitsu (Paid class) Studio AB Patrick R 4pm-6pm	
				Dance Fitness Studio AB Vicky S 4pm-4:50pm			
				Wellness Center 101 (Registration Required) Wellness Center Krysta Z 4pm-5pm			
5PM	Zumba® Studio AB Patricia C 5pm-5:50pm	TRX®/Strength Studio D Cecy D 5pm-5:50pm	MixedFit®/ Zumba® Studio AB Rosi H 5pm-5:50pm	TBC Studio AB Cathy G 5pm-5:50pm			
	Strength Xpress Studio C Rosi/Vicky Rotation 5:15pm-5:45pm		Strength Xpress Studio C Vicky S 5:15pm-5:45pm	TRX®/Strength Studio D Cecy D 5pm-5:50pm			
		TBC Studio AB Cathy G 5pm-5:50pm	Yoga Studio E Kya D 5:30pm-6:30pm	Zumba® Gold-Toning Studio C Becky R 5:30pm-6:20pm			
	Pilates Reformer Level 1 (Paid Class) Studio F Reese R 5:45pm - 6:30pm	Zumba® Gold-Toning Studio C Becky R 5:30pm-6:20pm	Cycle with Strength Studio D Cariann T 5:30pm-6:30pm	Pilates Reformer Level 1 (Paid Class) Studio F Reese R 5:45pm - 6:30pm			

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			Advanced Pilates Reformer (Paid Class) Studio F Robyn J 10am - 10:45am				
6PM	Cycle with Strength Studio D Diane A 6pm-7pm	Tae Kwon Do (Paid Class) Studio AB José R 6pm-7pm	Dance Fitness/WERQ® Studio C Vicky S 6pm-6:50pm	Tae Kwon Do (Paid Class) José R 6pm-7pm			
	Pound® Studio C Jamie B 6pm - 6:50pm		Outdoor Bootcamp Pavilion Taylor M 6pm-6:50pm				
	Pliates Matwork Studio E Claudia M 6pm-6:50pm						
	Sports performance for Young Athletes (Paid Class) Certified Trainer 6pm-6:50pm						
7PM	Brazilian Jiu-jitsu (Paid class) Studio AB Patrick R 7pm-8:30pm	Tae Kwon Do (Paid Class) Studio AB José R 7pm-8pm	Brazilian Jiu-jitsu (Paid class) Studio AB Patrick R 7pm-8:30pm	Tae Kwon Do (Paid Class) Studio AB José R 7pm-8pm			
				Pilates Reformer Level 1 (Paid Class) Studio F Laura I 7:15pm - 8pm			
8PM		Brazilian Jiu-jitsu (Paid class) Studio AB Patrick R 8pm-9:30pm		Brazilian Jiu-jitsu (Paid class) 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.

**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.

**MOTR® (paid class)** – MOTR® classes focus on the key principles of alignment, balance, core control, and functional movement patterns. Exercises vary easily to provide appropriate fitness challenges for clients at any level, from senior citizens to professional athletes.

**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.

**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®\***



## CLASS DESCRIPTIONS

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**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)** - Led by St. Mary Medical Center, 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 Japanese 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.

**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.



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**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.