



VALPARAISO FAMILY YMCA GROUP EX SCHEDULE SPRING 2026

1201 Cumberland Crossing Dr
Valparaiso, IN 46383
219.462.4185

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----|--|--|---|--|--|--|--------|
| 5AM | Cycle with Strength Studio D Stephanie B 5:15am-6am | Cycle with Strength Studio C/D Joy B. 5:15am-6am | Cycle with Strength Studio D Courtney G. 5:15am-6am | Cycle with Strength Studio D Jazz B 5:15am-6am | Cycle with Strength Studio D Stephanie B 5:15am-6am | | |
| | | WERQ® Studio AB Chelsea O. 5:15am-6:05am | TBC Studio C John N. 5:30am-6:20am | 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 C Martha L 6am-6:30am | | |
| 7AM | | TRX®/Bodyweight Studio D Brian L 7:10am-8am | | TRX®/Bodyweight Studio D Brian L 7:10am-8am | | TRX®/Bodyweight Studio D Brian L 7:10am-7:55am | |
| 8AM | Mindful Breath Yin Yoga Studio E Ezio G. 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 | WERQ® Studio AB Instructor Rotation 8am-8:50am | |
| | SilverSneakers® Classic Studio AB Mike J 8am-8:45am | | SilverSneakers® Classic Studio AB Pam M 8am-8:45am | Aquanastics Leisure Pool 8:30am-9:15am | SilverSneakers® Classic Studio AB Julie P 8am-8:45am | | |
| | Aquanastics Leisure Pool 8:30am-9:15am | | Aquanastics Leisure Pool 8:30am-9:15am | | Pilates Matwork Studio C Michele E 8am-8:50am | | |
| | | | | | TRX® Studio D Melissa K 8am-8:50am | | |

Please note all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting and exercise program.



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|-----|---|---|---|---|--|--|--------|
| 8AM | | | | | Aqua Arthritis Leisure Pool 8:30am-9:15am | | |
| | Yogalates Studio E Maureen C. 8:55am-9:50am | Yoga Studio E Linda K 8:55am-9:50am | Mindful Breath 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 | | |
| 9AM | Pilates Reformer (PAID) Studio F Kristen C 9am - 9:45am | TBC Studio AB John N. 9am-9:50am | Pilates Reformer (PAID) Studio F Kristen C 9am - 9:45am | Deep Water Fitness Lap Pool 9am-10am | TRX® Cardio Circuit Melissa K 9am-9:50am | Cycle with Strength Studio D 4/11 & 4/25 Diane A 9am-10am | |
| | SHiNE/WERQ® Studio AB Melissa M 9am-9:50am | WERQ® Pilates Fusion Studio C Cathy G 9am-10am | TBC Studio AB Joyce R 9:05am-9:55am | SHiNE/WERQ® Studio AB Missy M 9am-9:50am | Strength Training Studio C Courtney G 9am-9:50am | Zumba® Studio AB Jaime B 9am-9:50am | |
| | Cycle with Strength Studio D Cariann T 9am-10am | Cycle with Strength Studio D Shannon C 9:15am-10:15am | Active Fitness Lap Pool 9am-9:45am | Cycle with Strength Studio D Shannon C 9:15am-10:15am | Zumba® Studio AB Patricia C 9am -9:50am | Pilates Reformer (PAID) Studio F Robyn J 9am - 9:45am | |
| | Active Fitness Lap Pool 9am-9:45am | Deep Water Fitness Lap Pool 9am-10am | Cycle Xpress Studio D Anna A 9am-9:30am | Boot Camp Studio C Liz B 9:15am-10:05am | Active Fitness Lap Pool 9am-9:45am | | |
| | | | Dance Fitness/ WERQ® Studio C Cathy G 9am-9:50am | | Pilates Reformer (PAID) Studio F Alia H 9:30am - 10:15am | | |
| | | | | | | | |

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|------|---|---|---|---|---|---|--|
| 9AM | Aqua Arthritis Leisure Pool 9:30am-10:15am | | Aqua Arthritis Leisure Pool 9:30am-10:15am | Aqua Arthritis Leisure Pool 9:30am-10:15am | Aqua Arthritis Leisure Pool 9:30am-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 | | |
| 10AM | Pliates Matwork Studio E Michelle E. 10:05am-11am | Yoga Studio E Laura G 10:05am-11am | Pilates Reformer (PAID) Studio F Kristen C 10am - 10:45am | Embodiment Yoga Studio E Jenni B. 10:05am-11am | Pilates Matwork Studio E Cathy G 10:05am-11am | R.I.P.E.D. For Beginners Studio C Becky/Pam Rotation 10:10am-11am | |
| | Strength Training Studio AB Maureen C. 10:10am-11am | Strength Training Studio AB John N 10:10am-11am | Mindful Breath Yin Yoga Studio E Ezio G. 10:05am-11am | Strength Training Studio AB Jillian A. 10:10am-11am | Advanced Strength Training Studio AB Shannon C 10:10am-11am | Strength Training Studio AB Rosi H/Shannon 10:10am-11am | |
| | Circuit Studio D/C Jay'O 10:15am-11:05am | | Strength Training Studio AB Cecy D. 10:10am-11am | | Fitness Drumming Studio C Pam M 10:10am-11am | Mindful Breath Yoga Studio E Ezio G. 10:15am-11:05am | |
| | | | Circuit Studio D/C Jay'O 10:15am-11:05am | | | | |
| | | | | | | | |
| 11AM | Deep Water Running Lap Pool 11am-12am | SilverSneakers® Stability Studio AB Courtney G. 11:15am-12pm | Yoga Xpress Studio E Alicia M 11:05am-11:45am | SilverSneakers® Stability Studio AB Brian L. 11:15am-12am | Yoga Xpress Studio E Silviya S 11:05am-11:45am | Zumba Kids! FAM JAHM! Studio AB Jen HM 11:30am-12:00pm | Mindful Breath Yoga Studio E Ezio G. 11:15am-12:05pm |
| | Yoga Xpress Studio E Alicia M 11:05am-11:45am | Reserved for Special Programming Studio E Instructor 11:30am-12:45pm | Strength Xpress Studio AB Linda K. 11:15am-11:50am | Reserved for Special Programming Studio E Instructor 11:30am-12:45pm | DanceStepMixUp Studio AB Dawn C 11:15am-12:05pm | | |

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|------|--|--|--|--|--|----------|---|
| 12PM | DanceStepMixUp Studio AB Dawn C 12pm-12:50pm | Rock Steady Boxing Studio AB Fitness Instructor 12:30pm 1:30pm | Beginner Dance Fitness Studio AB Linda K 12pm-12:50pm | Rock Steady Boxing Studio AB Fitness Instructor 12:30pm 1:30pm | Beginner Dance Fitness Studio AB Tonia F. 12:15pm-1:05pm | | |
| 1PM | SilverSneakers® Classic Studio AB Julie P 1:15pm-2pm | SilverSneakers® Enerchi Studio E Marilyn 1:00pm 1:45pm | SilverSneakers® Circuit Studio AB Jillian A. 1:15pm-2pm | | SilverSneakers® Classic Studio AB Courtney G. 1:15pm-2pm | | |
| 2PM | Silver Splash Leisure Pool 2:15pm-3pm | SilverSneakers® Yoga Studio AB Anita B 2pm-2:45pm | Silver Splash Leisure Pool 2:15pm-3pm | SilverSneakers® Yoga Studio AB Anita B 2pm-2:45pm | | | |
| 3PM | | | | | | | Zumba® Studio AB Cathy/Patricia Rotation 3pm-4pm |
| 4PM | | Mixed Fit Zumba Studio C Rosi H 4:40pm-5:25pm | Athletic Fitness (PAID) Studio AB Jay'O J 4pm-4:45pm | | Deep Water running Lap Pool George N 4:15pm-5pm | | |
| 5PM | Zumba® Studio AB Patricia C 5pm-5:50pm | TRX®/Strength Studio D Cecy D 5pm-6pm | Pilates Reformer (PAID) Studio F Robyn J 5pm - 5:45pm | TBC Studio AB Cathy G 5pm-5:50pm | | | |
| | Strength Xpress Studio C Rosi H. 5:15pm-5:45pm | TBC Studio AB Cathy G 5pm-5:50pm | Strength Xpress Studio AB Liv R. 4/8 & 4/22 5:15pm-5:45pm | TRX®/Strength Studio D Cecy D 5pm-6pm | | | |

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|-----|--|--|--|---|--------|----------|--------|
| 5PM | Ballet Fusion! Let's JAHM! Studio E Jen HM 5:15pm-5:45pm | Zumba® Gold-Toning Studio C Becky R 5:30pm-6:20pm | Cycle with Strength Studio D Cariann T 5:30pm-6:30pm | Zumba® Gold- Toning Studio C Becky R 5:30pm-6:20pm | | | |
| 6PM | Pliates Matwork Studio E Claudia M 5:55pm-6:50pm | Pilates Reformer (PAID) Studio F Reese R 5:45pm - 6:30pm | Zumba Kids! Let's JAHM! Studio C Jen HM 5:30pm-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 Class) José R 6pm-7pm | | | |
| | Pound® Studio C Jaime B 6pm - 6:50pm | Tae Kwon Do (Paid Class) Studio AB José R 6pm-7pm | Restorative Yoga Studio E Jewels H 6pm-7pm | Yin Yoga Studio E Silviya S 6:15pm-7pm | | | |
| | Cycle with Strength Studio D Diane A 6pm-7pm | Pilates Reformer (PAID) Studio F Reese R 6:35pm - 7:20pm | SHiNE/WERQ® Studio AB Missy M 6pm-6:50pm | Shine Dance Fitness Studio C Leslie K 6:30pm-7:20pm | | | |
| 7PM | | Tae Kwon Do (Paid Class) Studio AB José R 7pm-8pm | | Tae Kwon Do (Paid Class) Studio AB José R 7pm-8pm | | | |
| 8PM | | | | | | | |

CLASS DESCRIPTIONS

VALPARAISO FAMILY YMCA

* 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, 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* – 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 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 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.

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 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 it's 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.

Fun Run– Meet your instructor for a warm up and then participate in a friendly, recreational run outdoors!We will focus on enjoyment and social interaction rather than competitive time goals. This run club is designed to promote fitness, encourage healthy habits, and foster a sense of community among participants.

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

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

CLASS DESCRIPTIONS

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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.

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.

Mindful Meditation– Come learn the basics of mindfulness meditation in this 50-minute class. Participants will learn about the history and real-life application of the practice, the three steps of sitting mindfulness meditation, and sit in a 20-minute practice. Each class will conclude with sharing of insights and any questions about the practice.

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.

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.

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 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!

CLASS DESCRIPTIONS

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Silver Splash – Improve agility, flexibility and cardiovascular endurance in shallow water. Develop strength, balance and coordination with 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® 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®/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

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 age 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!

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! 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.