



VALPARAISO FAMILY YMCA GROUP EX SCHEDULE SPRING BREAK 3/22-3/28

1201 Cumberland Crossing Dr
Valparaiso, IN 46383
219.462.4185

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5AM		Cycle with Strength Studio D Courtney G 5:15am-6am	Cycle with Strength Studio C/D Joy B. 5:15am-6am	Cycle with Strength Studio C/D Courtney G. 5:15am-6am	Cycle with Strength Studio D Jazz B 5:15am-6am	Cycle with Strength Studio D Courtney G 5:15am-6am	
			WERQ® Studio AB Chelsea O. 5:15am-6:05am		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 Brain L 7:10am-8am		TRX®/Bodyweight Studio D Brain L 7:10am-8am		TRX®/Bodyweight Studio D Brain L 7:10am-7:55am
8AM		Mindful Breath Yin Yoga Studio E Ezio G. 7:55am-8:50am		Pilates Matwork Studio E Claudia M 7:55am-8:50am			WERQ® Studio AB Missy M. 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			
						TRX® Studio D Melissa K 8am-8:45am	

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	
				Mindful Breath Yoga Studio E Ezio G. 8:55am-9:50am			
9AM			TBC Studio AB John N. 9am-9:50am		Deep Water Fitness Lap Pool 9am-10am	TRX® Cardio Circuit Melissa K 9am-9:50am	
		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 Rosi H 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	
		Active Fitness Lap Pool 9am-9:45am	Deep Water Fitness Lap Pool 9am-10am	Cycle Xpress Studio D Anna A 9am-9:30am		Active Fitness Lap Pool 9am-9:45am	
				Dance Fitness/ WERQ® Studio C Cathy G 9am-9:50am			

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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			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 Pam M 10:10am-11am
		Strength Training Studio AB Courtney G 10:10am-11am	Strength Training Studio AB Jillian A 10:10am-11am	Mindful Breath Yin Yoga Studio E Ezio G. 10:05am-11am	Advanced Core and Stability Studio C Courtney G 10:15am-11:05am	Advanced Strength Training Studio AB Shannon C 10:10am-11am	Strength Training Studio AB Shannon 10:10am-11am
				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
11AM	Mindful Breath Yoga Studio E Ezio G. 11:15am-12:05pm	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	
	Super Cycle Studio D Alicia M. 11:15am-12:45pm	Yoga Xpress Studio E Alicia M 11:05am-11:45am		Strength Xpress Studio AB Courtney G 11:15am-11:50am			

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12PM			Rock Steady Boxing Studio AB Fitness Instructor 12:30pm 1:30pm		Rock Steady Boxing Studio AB Fitness Instructor 12:30pm 1:30pm		
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		Little Ninja Brazilian Jiu-jitsu Studio AB Patrick R 2:30pm-3pm
3PM	Youth Yoga Studio E Jewels H 3pm-3:45pm						Young Ninja Brazilian Jiu-jitsu Studio AB Patrick R 3pm-4pm
4PM							
5PM			Mixed Fit Zumba Studio C Rosi H 4:40pm-5:25pm			Deep Water running Lap Pool George N 4:15pm-5pm	Brazilian Jiu-jitsu (Paid class) Studio AB Patrick R 4pm-6pm ~OPEN MAT~
		Zumba® Studio AB Patricia C 5pm-5:50pm	TRX®/Strength Studio D Cecy D 5pm-6pm		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. 5:15pm-5:45pm	TRX®/Strength Studio D Cecy D 5pm-6pm		



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5PM			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					
		Aqua Zumba Leisure Pool 6pm-6:45pm		Aqua Zumba Leisure Pool 6pm-6:45pm	Tae Kwon Do (Paid Class) José R 6pm-7pm		
			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		SHiNE/WERQ® Studio AB Missy M 6pm-6:50pm	Shine Dance Fitness Studio C Cathy G 6:30pm-7:20pm		
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		
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		

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!

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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.