



GROUP EXERCISE SCHEDULE (Segment 2: February 17 – April 12)

Studio AB/C/D/E/F

BLUE = Beginner GREEN = Multi-Level RED = Intermediate/Advanced
 ORANGE = Active Older Adult PURPLE = Youth/Family YELLOW = Book in MINDBODY app
 AB = Studio AB C=Studio C D = Studio D E = Studio E F = Studio F WC = Wellness Center
 \$ Paid Registration Required at the Courtesy Desk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM						
5:15 - Cycle/TRX® Fusion 45 min - D - Gayle Book in MINDBODY app	5:15 - Cycle/Kettlebell Fusion 45 min - D - Gayle Book in MINDBODY app	5:30 - Strength Circuits for Runners 45 min - AB - Cylie	5:15 - Cycle/Tabata Fusion 45 min - D - Gayle Book in MINDBODY app	5:15 - Cycle with Strength 45 min - D - Stephanie		
	5:15 - PiYo® 50 min - E - Heather			5:30 - Boot Camp 45 min - AB - Melissa K (NEW)		
6:00 AM						
6:00 - Step & Sculpt 45 min - C - Martha	6:00 - Circuit Challenge 60 min - AB - Jen	6:00 - Step & Sculpt 45 min - C - Martha	6:00 - Strength Training 60 min - AB - Michael	6:00 - Step & Sculpt 45 min - C - Martha		
		6:30 - Tread It 45 min - WC - Mike Book in MINDBODY app		6:15 - TRX® Xpress 30 min - D - Stephanie Book in MINDBODY app		
7:00 AM						
		7:00 - Fitness Yoga 50 Min - E - Melissa P			7:00 - Tae Kwon Do 60 min - AB \$ Paid by Segment	
8:00 AM						
8:00 - Silver Sneakers® Classic 45 min - AB - Karen	8:00 - Strength on the Ball 50 min - AB - Diane D	8:00 - Silver Sneakers® Stability 45 min - AB - Laura	8:00 - Circuit Challenge - Strength 50 min - AB - Gayle	8:00 - Silver Sneakers® Classic 45 min - AB - Julie	8:00 - TBC 50 min - AB - Cathy	
8:00 - Pilates Matwork 50 min - E - Alia (NEW)	8:00 - WERQ® 50 min - C - Michelle	8:00 - Cycle/TRX® Fusion 60 min - D - Jen Book in MINDBODY app	8:00 - WERQ® 50 min - C - Michelle	8:00 - Fitness Yoga 50 min - E - Linda	8:00 - WERQ® 50 min - C - Melissa M	
8:10 - Cycle with Strength 50 min - D - Stephanie	8:00 - TRX®/Barbell Fusion 45 min - D - Jen Book in MINDBODY app	8:00 - Pilates Matwork 50 min - E - Claudia	8:00 - Kettlebell/TRX® Fusion 45 min - D - Jen Book in MINDBODY app		8:00 - PiYo® 50 min - E - Heather	
	8:00 - Fitness Yoga 50 min - E - Linda		8:00 - Fitness Yoga 50 min - E - Linda		8:30 - Group Cycle 60 min - D - Kristin H	
9:00 AM						
9:00 - Dance Fitness 60 min - AB - Irma	9:00 - Circuit Challenge 55 min - AB- Cariann	9:00 - Dance Fitness 60 min - AB - Debbie	9:00 - Circuit Challenge 55 min - AB- Cariann	9:00 - Zumba® 60 min - AB - Patricia	9:00 - Zumba® 50 min - AB - Jaime	
9:00 - TBC 60 min - C - Kristin R	9:00 - WERQ® 60 min - C - Angie	9:00 - TBC 60 min - C - Joyce	9:00 - WERQ® 60 min - C - Angie	9:00 - TBC 60 min - C -Crystal	9:00 - Kids Fitness 60 min - C - Becky/Pam	
9:00 - Fitness Yoga 60 min - E - Debbie	9:00 - Group Cycle 45 min - D - Shannon	9:00 - Fitness Yoga 60 Min - E - Linda	9:00 - Group Cycle 45 min - D - Shannon	9:00 - Cycle/TRX® Fusion 60 min - D - Jen Book in MINDBODY app	9:00 - Fitness Yoga 60 Min - E - Melissa P	
9:15 - Cycle/Kettlebell Fusion 60 min - D - Cariann Book in MINDBODY app	9:00 - Yoga 50 min - E - Diane D	9:00 - Level 1 Pilates Reformer 45 min - F - Irma \$ Paid by Segment	9:00 - Yoga 50 min - E - Diane D	9:00 - Fitness Yoga 60 Min - E - Linda	9:00 - Level 1 Pilates Reformer 45 min - F - Christine \$ Paid by Segment	
		9:15 - Cycle/TRX® Fusion 60 min - D - Liz B Book in MINDBODY app		9:00 - Pilates Reformer with Props 45 min - F - Irma \$ Paid by Segment		
10:00 AM						
10:10 - Women's Strength 50 Min - AB - Cecy	10:00 - Beginner Cycle 45 min - D - Nadine	10:00 - Level 1 Pilates Reformer 45 min - F - Cathy \$ Paid by Segment	10:00 - Beginner Cycle 45 min - D - Mike	10:10 - Strength Training 50 min - AB - Shannon	10:00 - Strength Training 50 min - AB - Cathy/ Shannon	
10:10 - R.I.P.P.E.D. for Beginners 50 min - C - Irma	10:00 - Fitness Yoga 50 min - E - Laura	10:10 - Women's Strength 50 min - AB - Anne	10:00 - Fitness Yoga 50 min - E - Silviya	10:10 - R.I.P.P.E.D. for Beginners 50 min - C - Irma	10:00 - TRX® 45 min - D - Irma Book in MINDBODY app	
10:10 - Yoga for Athletes 50 Min - E - Kristin R	10:10 - BOOM® 60 min - AB - Tricia	10:10 - R.I.P.P.E.D. for Beginners 50 min - C - Irma	10:10 - 20/20/20 60 min - AB - Cecy	10:10 - Pilates Matwork 50 min - E - Cathy	10:00 - Treadmill Intervals 45 min - WC - Cariann Book in MINDBODY app	
10:15 - Pilates Reformer with Props 45 min - F - Alia \$ Paid by Segment	10:10 - Boot Camp 50 Min - C - Jen	10:30 - TRX® 45 min - D - Liz B Book in MINDBODY app	10:10 - Boot Camp 50 Min - C - Jen	10:15 - Kettlebell 45 min - D - Laura Book in MINDBODY app	10:10 - R.I.P.P.E.D. for Beginners 50 min - C - Becky/Pam	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00 AM						
11:00 - TRX® 45 min - D - Liz B Book in MINDBODY app	11:00 - Barbell 45 min - D - Kristen R Book in MINDBODY app	11:10 - Yoga Xpress 30 min - E - Alicia	11:00 - Silver Sneakers® Enerchi 45 min - E - Anita	11:10 - Yoga Xpress 30 min - E - Silviya	11:00 - Circuit Challenge 60 min - AB - Irma	11:00 - Pickleball 65 min - Gym Self-Led
11:10 - Yoga Xpress 30 min - E - Alicia	11:00 - Preschool Dance Fusion 45 Min - E - Pam		11:00 - Treadmill Intervals 45 min - WC - Kristin R Book in MINDBODY app			11:15 - Super Cycle 90 min - D - Alicia
	11:20 - Strength Training 45 min - AB - Tricia		11:20 - Strength Training 45 min - AB - Nadine			
	11:30 - Pickleball 180 min - Gym Self-Led		11:30 - Pickleball 180 min - Gym Self-Led			
12:00 Noon						
12:15 - Zumba® Gold 50 min - AB - Tonia	12:15 - Rock Steady Boxing® - AB \$ Paid - St. Mary	12:15 - Zumba Gold 50 min - AB - Linda	12:15 - Rock Steady Boxing® - AB \$ Paid - St. Mary	12:15 - Zumba® Gold 50 min - AB - Tonia		12:30 - Strength Training 45 min - AB - Rosi
						12:30 - Pickleball 90 min - Gym Self-Led
1:00 PM						
	1:15 - Yoga 50 min - E - Rhyneil	1:00 - Pickleball 150 min - Gym Self-Led				
1:10 - TBC Xpress 30 min - C - Cecy		1:10 - TBC Xpress 30 min - C - Cecy				
1:15 - Silver Sneakers® Classic 45 min - AB - Julie		1:15 - Silver Sneakers® Stability 45 min - AB - Nadine		1:15 - Silver Sneakers® Classic 45 min - AB - Kristin R		
2:00 PM						
	2:00 - Silver Sneakers® Yoga 45 min - AB - Anita	2:15 - Silver Sneakers® Enerchi/Yoga 45 min - AB - Nadine	2:00 - Silver Sneakers® Yoga 45 min - AB - Anita		2:30 - Little Ninja Jiu Jitsu 30 min - AB \$ Paid by Segment	2:00 - Wellness Ctr 101 - 60 min - Wellness Desk - Rachel Registration Required
	2:15 - Silver Sneakers® Enerchi 45 min - E - Marilyn (NEW)					2:00 - Pound® 45 min - AB - Becky/Jaime
3:00 PM						
					3:00 - Young Ninja Jiu Jitsu 60 min - AB \$ Paid by Segment	3:00 - Zumba® 60 min - AB - Patricia/Rita
						3:00 - Kids Fitness 60 min - C - Becky/Pam
4:00 PM						
4:00 - Circuit Challenge 45 min - AB - Cathy	4:00 - Strength Training 50 min - C - Cecy	4:00 - Circuit Challenge 45 min - AB - Irma	4:00 - Strength Training 50 min - C - Cecy		4:00 - Jiu Jitsu 120 min - AB \$ Paid by Segment	4:15 - Gentle Yoga 60 min - E - Ruth
4:00 - Heated Yoga 50 min - E - Linda	4:10 - WERQ®/Zumba® 50 min - AB - Michelle		4:10 - WERQ®/Zumba® 50 min - AB - Michelle			
5:00 PM						
5:00 - Zumba® 50 min - AB - Patricia	5:00 - PiYo® 50 min - E - Heather	5:00 - Zumba® 50 min - AB - Rita	5:00 - PiYo® 50 min - E - Heather	5:00 - Kettlebell/TRX® Fusion 45 min - D - Cathy Book in MINDBODY app		
5:00 - Preschool Dance Fusion 45 Min - E - Jaime	5:10 - TBC 50 min - AB - Cathy	5:00 - Yoga 50 Min - E - Lauren	5:20 - Zumba® Gold-Toning 50 min - C - Becky			
5:15 - Strength Xpress 30 min - C - Linda	5:20 - Zumba® Gold-Toning 50 min - C - Becky	5:15 - Strength Xpress 30 min - C - Rosi	5:30 - Cycle Xpress 30 min - D - Kristin H			
	5:30 - Cycle Xpress 30 min - D - Kristin H	5:30 - Cycle/TRX® Fusion 60 min - D - Cariann Book in MINDBODY app	5:30 - Level 1 Pilates Reformer 45 min - F - Cathy \$ Paid by Segment			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 PM						
6:00 – TBC 50 min – AB – Instructor	6:05 – Tae Kwon Do 60 min – AB/E \$ Paid by Segment	6:00 – Strength Circuits for Runners 45 min – AB – Laura	6:05 – Tae Kwon Do 60 min – AB/E \$ Paid by Segment	6:00 – Cycle/Boot Camp Fusion 60 min – D/C – Instructor		
6:00 – Drumming/Pound® Fusion 50 min – C – Jaime	6:15 – Level 2 Pilates Reformer 45 min – F – Christine \$ Paid by Segment		6:15 – Barbell 45 min – D – Lizz G Book in MINDBODY app	6:15 – Level 2 Pilates Reformer 45 min – F – Christine \$ Paid by Segment		
6:00 – Pilates Matwork 50 min – E – Claudia	6:20 – R.I.P.P.E.D. 60 min – C – Irma	6:00 – Pilates Matwork 50 min – E – Cathy	6:20 – CORE DE FORCE™ 60 min – C – Irma			
6:30 – Cycle/TRX® Fusion 45 min – D – Joy Book in MINDBODY app	6:30 – TRX® 45 min – D – Cathy Book in MINDBODY app	6:00 – Wellness Center 101 – 60 min Wellness Desk – April Registration Required				
7:00 PM						
7:00 – Boot Camp 50 min – AB – Jay	7:05 – Tae Kwon Do 60 min – AB \$ Paid by Segment	7:00 – Boot Camp 50 min – AB – Jay	7:15 – Kettlebell 45 min – D – Lizz G Book in MINDBODY app	7:00 – Wellness Center 101 – 60 min Wellness Desk – Kim Registration Required		
7:00 – WERQ® 50 min – C – Cathy	7:15 – Restorative Yoga 60 Min – E – Christine (NEW)	7:00 – WERQ® 50 min – C – Cathy				
7:00 – Yoga 60 Min – E – Rhyneil		7:00 – Yoga 60 Min – E – Lauren				
8:00 PM						
8:00 – Jiu Jitsu 120 min – AB \$ Paid by Segment		8:00 – Jiu Jitsu 120 min – AB \$ Paid by Segment				

FIRST COME, FIRST SERVED POLICY:

- Line up in order of arrival. Be respectful, do not save space for others or use personal items (water bottles, bags, etc.) to save space in lines.
- When the instructor arrives and is ready to start class, they will ask participants to enter in order of arrival.
- Exit the studio when the class is over. Note: All participants must exit the studio even if they plan to attend the next class.
- If the studio door is closed do not enter.**

Mind and Body Study:

- No shoes on studio floor.**
- Silence phones in studio.
- Please use lockers and/or shoe cubbies in studio for personal belongings.

INSTRUCTOR SUBSTITUTION POLICY:

When unable to attend class, instructors are required to find a substitute instructor that will teach a comparable class. Class cancellations will be avoided. Due to the volume and unpredictability of instructor substitutions the Wellness Department is unable to communicate these changes to our members.

NOTES:

- Age requirement: 14 and up. 10 - 13 years old are welcome to attend classes WITH PARENT/GUARDIAN.
- The YMCA reserves the right to cancel or change a class if minimum participation is not met.

KEEPING YOU CONNECTED!

THE Y MOBILE APP



SCHEDULES... PROGRAMS... UPDATES... AND MORE!

HOW TO INSTALL

Search "YMCAs" and install the "YMCAs" app.

App Store **Google play**

Classes in Yellow can be booked in the MINDBODY app.

- Download the MINDBODY: Fitness, Salon & Spa app. NOTE: if you don't have a smart phone, this same procedure can be done on a PC.
 - Enable push notifications (optional)
 - Verify email (required to book class – cannot book without completing this step)
- Create an account.
- Type "YMCA" into the search box and Valparaiso Family YMCA will come up. If not, then widen the location range.
- Click on Valparaiso Family YMCA to view class schedule.
- Click "Book" class to sign up for your class or click "Waitlist" to be added to waitlist. *Can only book class 1 day in advance* Class closes for booking 10 minutes prior to class start time.
- If unable to attend class after booking, go into the app and cancel the booking.
- Please arrive 10 minutes early and wait outside studio door for instructor to check in participants.
- After instructors check in "booked" and "waitlisted" participants, open spots will be available on a first come, first serve basis.
- Please see anyone from the Wellness Admin Team or a Wellness Desk Attendant for assistance with the app.



FREEmium Classes

***NEW Classes beginning week of February 17th**
Requires use of the MINDBODY app to book your spot

Fusion Classes:

- ⇒ Cycle/Kettlebell Fusion - Monday 9:15am; Tuesday 5:15am
- ⇒ TRX®/Barbell Fusion - Tuesday 8:00am
- ⇒ Cycle/TRX® Fusion - **Monday 5:15am* & 6:30pm***; Wednesday 8:00am, **9:15am*** & 5:30pm;
Friday 9:00am
- ⇒ Cycle/Tabata Fusion - Thursday 5:15am
- ⇒ Kettlebell/TRX® Fusion - **Thursday 8:00am***; Friday 5:00pm

Kettlebell Classes:

- ⇒ Kettlebell - Thursday 7:15pm; **Friday 10:15am***

Barbell Classes:

- ⇒ Barbell - Tuesday 11:00am; Thursday 6:15pm

Treadmill Classes:

- ⇒ Tread It - Wednesday 6:30am
- ⇒ Treadmill Intervals - Thursday 11:00am; **Saturday 10:00am***

TRX® Classes:

- ⇒ TRX® - **Monday 11:00am***; Tuesday 6:30pm; Wednesday 10:30am; Saturday 10:00am
- ⇒ TRX® Express - Friday 6:15am



STRENGTHEN LENGTHEN TONE

Register at Courtesy Desk
or Online.

Classes begin February 17
\$65 YMCA Member,
\$85 Non Member

Pilates Reformer Group Classes

- Reformer Pilates offers a wide variety of exercises that works the entire body.
- Ideal for those recovering from knee or back injuries as the exercises are non-weight bearing.

MIND AND BODY - STUDIO F

LEVEL 1

Wednesday 9:00 am - Irma
Wednesday 10:00 am - Cathy
Thursday 5:30 pm - Cathy
Saturday 9:00am - Christine

LEVEL 2

Tuesday 6:15pm - Christine

PILATES REFORMER WITH PROPS

Monday 10:15 am - Alia
Friday 9:00 am - Irma

Requires previous reformer experience.



Programs at the YMCA

- **Silver Movie Club - Wed., Feb. 26**
Join friends for a matinee at Cinemark Theater in Valparaiso to see "Call of the Wild" with Harrison Ford. Matinee time to be determined.
- **Shades of Ireland Trip Presentation - Tues., March 10, 1pm** Presented by Collette Travel. Trip to Ireland will be Oct. 7 - 16, 2020
- **Silver Gather & Grow - Thurs., March 12, 11:30am** Click and Clack: Talking Estate and Charitable Planning - Presented by Tim Scannell of High Tower Advisors & George Carberry of Burke, Costanza & Carberry. Lunch provided by Infinity Circle.
- **Posture Workshop - Sat., March 14, 12:30pm**
Learn why good posture is critical to everyday movement as well as exercise performance.
- **Eating for Your Heart - Tues., March 17, 10am**
Join Christy Cleveland RN, BSN from St. Mary for a presentation and discover how you can lower your blood pressure by making healthy food choices.
- **Silver Social Club - Wed., March 18, 10am**
Bingo presented by StoryPoint

FREE registration at Courtesy Desk &
through Y mobile app.