



Valparaiso Family YMCA
January 10th - March 31st

1201 Cumberland Crossing
Drive
Valparaiso, IN 46383
2194624185

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Boot Camp (book spot in MINDBODY app) Studio AB Jazz E 5:15am - 6am	Cycle with Strength (book spot in MINDBODY app) Studio D/C Gayle A 5:15am - 6am	Cycle with Strength (book spot in MINDBODY app) Studio D Liz B 5:15am - 6am	Cycle/Tabata Fusion (book spot in MINDBODY app) Studio D/C Gayle A 5:15am - 6am	Cycle/Boot Camp Fusion (book spot in MINDBODY app) Studio D Jen D 5:15am - 6am		
6am	Step & Sculpt (book spot in MINDBODY app) Studio C Martha L 6am - 6:45am		HIIT (book spot in MINDBODY app) Studio AB Cylie M 6am - 6:30am		Step & Sculpt (book spot in MINDBODY app) Studio C Martha L 6am - 6:45am		
	Treadmill Intervals (book spot in MINDBODY app) Wellness Center Mike J 6:30am - 7am		Step & Sculpt (book spot in MINDBODY app) Studio C Martha L 6am - 6:45am				
			Treadmill Intervals (book spot in MINDBODY app) Wellness Center Mike J 6:30am - 7am				
7am	TRX® (book spot in MINDBODY app) Studio D Jen D 7am - 7:45am			TRX® (book spot in MINDBODY app) Studio D Jen D 7am - 7:45am		TRX® Xpress (book spot in MINDBODY app) Studio D Melissa K 7:15am - 7:45am	
8am	Cycle/TRX® Fusion (book spot in MINDBODY app) Studio D Melissa K 8am - 8:45am	TRX®/Barbell Fusion (book spot in MINDBODY app) Studio D Jen D 8am - 8:45am	Cycle with Strength (book spot in MINDBODY app) Studio D Jen D 8am - 9am	Kettlebell/TRX® Fusion (book spot in MINDBODY app) Studio D Jen D 8am - 8:45am	Cycle/TRX® Fusion (book spot in MINDBODY app) Studio D Melissa K 8am - 8:45am	Group Cycle (book spot in MINDBODY app) Studio D Melissa K 8am - 8:45am	
		Beginner Yoga (book spot in MINDBODY app) Mind & Body Studio E Maureen C 8am - 8:50am	Pilates Matwork (book spot in MINDBODY app) Mind & Body Studio E Claudia M 8am - 8:50am	Beginner Yoga (book spot in MINDBODY app) Mind & Body Studio E Linda K 8am - 8:50am	Beginner Yoga (book spot in MINDBODY app) Mind & Body Studio E Linda K 8am - 8:50am	Line Dancing (book spot in MINDBODY app) Studio AB Melissa M./Michelle Rotation 8am - 8:50am	
		Circuit (book spot in MINDBODY app) Studio AB Kerri P 8:10am - 8:50am		Circuit (book spot in MINDBODY app) Studio AB Kerri P 8:10am - 8:50am	SilverSneakers® Classic (book in MINDBODY app) Studio AB Julie P 8am - 8:45am	PiYo® (book spot in MINDBODY app) Mind & Body Studio E Heather C 8am - 8:50am	
9am	Pilates Reformer - Level 1 (paid class) Mind & Body Studio F Kristen C 9am - 9:45am	WERQ® (book spot in MINDBODY app) Studio C Michelle R 9am - 10am	Dance Fitness (book spot in MINDBODY app) Studio AB Cathy G 9am - 9:50am	WERQ® (book spot in MINDBODY app) Studio C Michelle R 9am - 10am	Zumba® (book spot in MINDBODY app) Studio AB Patricia C 9am - 9:50am	Zumba® (book spot in MINDBODY app) Studio AB Jaime B 9am - 9:50am	

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



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	WERQ® (book spot in MINDBODY app) Studio AB Melissa M 9am - 9:50am	Advanced Pilates Reformer (paid class) Mind & Body Studio F Kristen C 9am - 9:45am	Yoga (Book spot in MINDBODY app) Mind & Body Studio E Silviya S 9am - 10am	Yoga (Book spot in MINDBODY app) Mind & Body Studio E Diane D 9am - 9:50am	Yoga (Book spot in MINDBODY app) Mind & Body Studio E Linda K 9am - 9:50am	TRX® (book spot in MINDBODY app) Studio D Melissa K 9am - 9:45am	
	Fitness Yoga (book spot in MINDBODY app) Mind & Body Studio E Silviya S 9am - 9:50am	Yoga (Book spot in MINDBODY app) Mind & Body Studio E Diane D 9am - 9:50am	TBC (book spot in MINDBODY app) Studio C Joyce R 9:15am - 10am	Boot Camp (book spot in MINDBODY app) Studio AB Jen D 9:10am - 10am	Cycle with Strength (book spot in MINDBODY app) Studio D Jen D 9am - 10am	Fitness Yoga (book spot in MINDBODY app) Mind & Body Studio E Diane/Silviya Rotation 9:05am - 10:05am	
	Cycle with Strength (book spot in MINDBODY app) Studio D Cariann T 9am - 10am	Boot Camp (book spot in MINDBODY app) Studio AB Jen D 9:10am - 10am		Cycle with Strength (book spot in MINDBODY app) Studio D Shannon C 9:15am - 10:15am	TBC (book spot in MINDBODY app) Studio C Rachel S 9:15am - 10am	Advanced Pilates Reformer (paid class) Mind & Body Studio F Robyn J 9:15am - 10am	
	TBC (book spot in MINDBODY app) Studio C Liz B 9:15am - 10am	Cycle with Strength (book spot in MINDBODY app) Studio D Shannon C 9:15am - 10:15am					
10am	R.I.P.P.E.D. (book in MINDBODY app) Studio C Irma W 10:10am - 11am	Fitness Yoga (book spot in MINDBODY app) Mind & Body Studio E Laura G 10:10am - 11am	R.I.P.P.E.D. (book in MINDBODY app) Studio C Irma W 10:10am - 11am	Strength Training (book spot in MINDBODY app) Studio C Shana M 10:10am - 11am	Pilates Matwork (book spot in MINDBODY app) Mind & Body Studio E Cathy G 10:10am - 11am	Strength Training (book spot in MINDBODY app) Studio AB Rachel/Shannon Rotation 10:10am - 11am	
	Strength Training (book spot in MINDBODY app) Studio AB Anne W 10:10am - 11am	Strength Training (book spot in MINDBODY app) Studio C Shana M 10:10am - 11am	Women's Strength (book spot in MINDBODY app) Studio AB Pam M 10:10am - 11am	Dance Fitness (book spot in MINDBODY app) Studio AB Melissa M 10:10am - 11am	Strength Training (book spot in MINDBODY app) Studio AB Shannon C 10:10am - 11am	R.I.P.P.E.D. for Beginners (book in MINDBODY app) Studio C Becky / Pam Rotation 10:10am - 11am	
		Zumba® (book spot in MINDBODY app) Studio AB Romi D 10:10am - 11am		Yin Yoga (book spot in MINDBODY app) Mind & Body Studio E Silviya S 10:10am - 11am	Pound® (book spot in MINDBODY app) Studio C Pam M 10:10am - 11am		
		HIIT and Run (book spot in MINDBODY app) Wellness Center Kristin R 10:15am - 11am		HIIT and Run (book spot in MINDBODY app) Wellness Center Kristin R 10:15am - 11am	Pilates Reformer Boot Camp (paid class) Mind & Body Studio F Jen D 10:15am - 11am		
11am	Yoga Xpress (Book in the Mindbody App) Mind & Body Studio E Alicia M 11:10am - 11:40am	Pilates Reformer - Level 1 (paid class) Mind & Body Studio F Christina R 11:15am - 12pm	Yoga Xpress (Book in the Mindbody App) Mind & Body Studio E Alicia M 11:10am - 11:40am	SilverSneakers® Stability (book in MINDBODY app) Studio AB Rachel S 11:15am - 12pm	Yin Yoga (book spot in MINDBODY app) Mind & Body Studio E Silviya S 11:10am - 11:40am		Super Cycle (Book spot in MINDBODY app) Studio D Alicia M 11:15am - 12:45pm

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	Pilates Reformer - Level 1 (paid class) Mind & Body Studio F Irma W 11:15am - 12pm		Pilates Reformer w/ Props (paid class) Mind & Body Studio F Irma W 11:15am - 12pm				
12pm	Zumba® Gold-Toning (book spot in MINDBODY app) Studio AB Tonia F 12pm - 12:50pm	Rock Steady Boxing (Paid program) Studio AB Fitness Instructor 12:30pm - 1:30pm	Zumba® Gold (book spot in MINDBODY app) Studio AB Romni D 12pm - 12:50pm	Rock Steady Boxing (Paid program) Studio AB Fitness Instructor 12:30pm - 1:30pm	Zumba® Gold-Toning (book spot in MINDBODY app) Studio AB Tonia F 12pm - 12:50pm		
1pm	SilverSneakers® Classic (book in MINDBODY app) Studio AB Julie P 1:15pm - 2pm	Beginner Yoga (book spot in MINDBODY app) Mind & Body Studio E Lauren M 1:15pm - 2:15pm	SilverSneakers® Classic (book in MINDBODY app) Studio AB Mike J 1:15pm - 2pm		SilverSneakers® Classic (book in MINDBODY app) Studio AB Tonia F 1:15pm - 2pm		Wellness Center 101 (registration required) Wellness Center Desk Kerri & Pam 1pm - 2pm
		Reserved for Special Programming Studio C Vicki S 1:30pm - 3:45pm					
2pm		SilverSneakers® Yoga (Book spot in MINDBODY app) Studio AB Anita B 2pm - 2:45pm	SilverSneakers® Enerchi/Stability-Book in MINDBODY Studio AB Marylin A 2:15pm - 3pm	SilverSneakers® Yoga (Book spot in MINDBODY app) Studio AB Anita B 2pm - 2:45pm		Little Ninja Brazilian Jiu-jitsu (paid class) Studio AB Patrick R 2:30pm - 3pm	Wellness Center 101 (registration required) Wellness Center Desk Kerri & Pam 2:30pm - 3:30pm
3pm	Reserved for Special Programming Studio AB Fitness Instructor 3:30pm - 4pm		Reserved for Special Programming Studio AB Fitness Instructor 3:30pm - 4pm		Reserved for Special Programming Studio AB Fitness Instructor 3:30pm - 4pm	Young Ninja Brazilian Jiu-jitsu (paid class) Studio AB Patrick R 3pm - 4pm	Zumba® (book spot in MINDBODY app) Studio AB Cathy / Patricia Rotation 3pm - 4pm
4pm	Yoga (Book spot in MINDBODY app) Mind & Body Studio E Lauren M 4pm - 4:50pm	WERQ® (book spot in MINDBODY app) Studio AB Shana M 4pm - 4:50pm		WERQ® (book spot in MINDBODY app) Studio AB Shana M 4pm - 4:50pm		Brazilian Jiu-jitsu (paid class) Studio AB Patrick R 4pm - 6pm	
	Pilates Reformer - Level 1 (paid class) Mind & Body Studio F Reese R 4:45pm - 5:30pm	TRX®/Strength (book spot in MINDBODY app) Studio D Cecy D 4pm - 4:50pm		TRX®/Strength (book spot in MINDBODY app) Studio D Cecy D 4pm - 4:50pm			
5pm	Zumba® (book spot in MINDBODY app) Studio AB Patricia C 5pm - 5:50pm	MixedFit® (book spot in MINDBODY app) Studio AB Rosi H 5pm - 5:50pm	Line Dancing (book spot in MINDBODY app) Studio AB Fitness Instructor 5pm - 5:50pm	MixedFit® (book spot in MINDBODY app) Studio AB Rosi H 5pm - 5:50pm	Cycle Circuit (book spot in MINDBODY app) Studio D Cariann T 5pm - 6pm		

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	MON	TUE	WED	THU	FRI	SAT	SUN
	Preschool Dance Fusion (book spot in MINDBODY app) Mind & Body Studio E Jaime B 5:15pm - 5:45pm	Barre Burner (book spot in MINDBODY app) Mind & Body Studio E Irma W 5pm - 5:50pm	Strength Xpress (book spot in MINDBODY app) Studio C Rosi H 5:15pm - 5:45pm	Barre Burner (book spot in MINDBODY app) Mind & Body Studio E Irma W 5pm - 5:50pm			
	Strength Xpress (book spot in MINDBODY app) Studio C Rosi/Shana Rotation 5:15pm - 5:45pm	Pilates Reformer - Level 1 (paid class) Mind & Body Studio F Cecy D 5:15pm - 6pm	Cycle with Strength (book spot in MINDBODY app) Studio D Cariann T 5:30pm - 6:20pm	Zumba® Gold-Toning (book spot in MINDBODY app) Studio C Becky R 5:30pm - 6:20pm			
	Cycle with Strength (book spot in MINDBODY app) Studio D Cylie M 5:30pm - 6:20pm	Zumba® Gold-Toning (book spot in MINDBODY app) Studio C Becky R 5:30pm - 6:20pm	Advanced Pilates Reformer (paid class) Mind & Body Studio F Robyn J 5:30pm - 6:15pm				
	Pilates Reformer for Athletes (paid class) Mind & Body Studio F Reese R 5:45pm - 6:30pm	Cycle/Boot Camp Fusion (book spot in MINDBODY app) Studio D Jazz E 5:30pm - 6:30pm					
6pm	Pound® (book spot in MINDBODY app) Studio C Jaime B 6pm - 6:50pm	HIIT (book spot in MINDBODY app) Studio C Irma W 6:30pm - 7:15pm	Step & Strength (book spot in MINDBODY app) Studio C Maureen C 6pm - 6:50pm	HIIT (book spot in MINDBODY app) Studio C Irma W 6:30pm - 7:15pm			
	Pilates Matwork (book spot in MINDBODY app) Mind & Body Studio E Claudia M 6pm - 6:50pm		Wellness Center 101 (registration required) Wellness Center Desk April & Pam 6pm - 7pm				
			Preschool Yoga (book spot in MINDBODY app) Mind & Body Studio E Jessica C 6:15pm - 6:45pm				
7pm			Flow Yoga (book spot in MINDBODY app) Mind & Body Studio E Jessica C 7pm - 8pm				
8pm	Brazilian Jiu-jitsu (paid class) Studio AB Patrick R 8pm - 10pm		Brazilian Jiu-jitsu (paid class) Studio AB Patrick R 8pm - 10pm				

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Advanced Pilates Reformer (paid class) - Build upon the classical Pilates exercises to work toward more challenging movements. Previous Pilates Reformer experience required.

Barre Burner (book spot in MINDBODY app) - Barre burning moves mixed with elements of Pilates, yoga and functional fitness training. An intense class combined with light weights and resistance bands to create a total body workout for all levels.

Beginner Yoga (book spot in MINDBODY app) - 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 (book spot in MINDBODY app) - 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 (book spot in MINDBODY app) - 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 Circuit (book spot in MINDBODY app) - Cycle class mixed with intervals of cardio and strength training circuits.

Cycle with Strength (book spot in MINDBODY app) - Group cycling with some strength and conditioning.

Cycle/Boot Camp Fusion (book spot in MINDBODY app) - Group cycling mixed with Boot Camp drills of cardio and strength training using TRX, weights or body weight.

Cycle/Tabata Fusion (book spot in MINDBODY app) - Group cycle class incorporating short, high intensity interval training using the Tabata method, classes are offered at multi-level and intermediate/advanced levels. Download MINDBODY: Fitness, Salon & Spa app to book spot in class.

Cycle/TRX® Fusion (book spot in MINDBODY app) - Group cycle class incorporating intervals of strength training using the TRX® suspension trainers. Download MINDBODY: Fitness, Salon & Spa app to book spot in class.

Dance Fitness (book spot in MINDBODY app) - A dance fitness class featuring pop, latin, rock and hip hop music.

Fitness Yoga (book spot in MINDBODY app) - Fitness yoga to improve flexibility, balance and strength, classes offered at all levels of ability.

Flow Yoga (book spot in MINDBODY app) - This class will be a variety of yoga formats including Restorative and Vinyasa.

Group Cycle (book spot in MINDBODY app) - Indoor cycling at varying pace and intensity, classes are offered at multi-level and intermediate/advanced levels.

HIIT (book spot in MINDBODY app) - Cardio and strength training consisting of short periods of high-intensity exercise intervals intermingled with intervals of active recovery.

HIIT and Run (book spot in MINDBODY app) - High intensity interval training on treadmills, rowers, and with free weights. Meets in the Wellness Center.

Kettlebell/TRX® Fusion (book spot in MINDBODY app) - 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.

Line Dancing (book spot in MINDBODY app) - A dance fitness that incorporates country music and some of your favorite line dances.

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® (book spot in MINDBODY app) - MixedFit® plays all genres of music with repetitive moves that are easy to follow. A fun class incorporating explosive bodyweight movements.

Pilates Matwork (book spot in MINDBODY app) - 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 for Athletes (paid class) - A Reformer Pilates practice can significantly improve your performance in every sport and physical activity. This is a great class if you are in a sport or in between seasons and want to keep your fitness at a high level.

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® (book spot in MINDBODY app) - 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.



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Pound® (book spot in MINDBODY app) - Use light weight drumsticks and pound to beat for an energizing, cardiovascular workout. Class is easily modifiable for all workout levels.

Preschool Dance Fusion (book spot in MINDBODY app) - Preschoolers will learn Ballet and Jazz in a fun and imaginative way. Ballet shoes recommended.

Preschool Yoga (book spot in MINDBODY app) - Children ages 3-5 will be introduced to age appropriate yoga poses in a small group setting.

R.I.P.P.E.D. (book in MINDBODY app) - A total body workout, utilizing resistance and cardio training which combines Resistance, Intervals, Power, Plyometrics, Endurance and Diet Components.

R.I.P.P.E.D. for Beginners (book in MINDBODY app) - 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 (book in MINDBODY app) - Have fun and move to the music through exercises designed to increase strength, range of motion and activities for daily living.

SilverSneakers® Enerchi/Stability-Book in MINDBODY - EnerChi is low-impact movements practiced in a slow, flowing sequence to progress strength, balance and focus. Stability to strengthen and improve balance by using specific movements. Chair support offers stability and seated exercise option.

SilverSneakers® Stability (book in MINDBODY app) - 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 (Book spot in MINDBODY app) - Move your body through a series of seated and standing yoga poses designed to increase flexibility and balance.

Step & Sculpt (book spot in MINDBODY app) - Cardio on the Step including muscle sculpting with weights and/or matwork.

Step & Strength (book spot in MINDBODY app) - Cardio on the Step including muscle sculpting with weights and/or matwork.

Strength Training (book spot in MINDBODY app) - Total body strength training using weights, bands, stability balls, gliders and/or matwork.

Strength Xpress (book spot in MINDBODY app) - Total body strength training using weights, bands, stability balls gliders and/or matwork. 30 minute class, great for beginners!

Super Cycle (Book spot in MINDBODY app) - Challenge yourself in this 75 minute cycle class and enjoy 15 minutes of flexibility and stretching. Great for endurance.

TBC (book spot in MINDBODY app) - 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.

Treadmill Intervals (book spot in MINDBODY app) - High intensity interval training on treadmills. Meets in the Wellness Center.

TRX® (book spot in MINDBODY app) - TRX® suspension training uses body weight exercise to develop strength, balance, flexibility and core stability simultaneously. Download MINDBODY: Fitness, Salon & Spa app to book spot in class.

TRX® Xpress (book spot in MINDBODY app) - TRX® suspension training uses body weight exercise to develop strength, balance, flexibility and core stability simultaneously. Download MINDBODY: Fitness, Salon & Spa app to book spot in class.

TRX®/Barbell Fusion (book spot in MINDBODY app) - This small group class will focus on strength training using both TRX® suspension trainers and barbells. Download MINDBODY: Fitness, Salon & Spa app to book spot in class.

TRX®/Strength (book spot in MINDBODY app) - 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® (book spot in MINDBODY app) - A dance fitness class based on pop, rock and hip hop music.

Women's Strength (book spot in MINDBODY app) - Strength training for women using a variety of props such as dumbbells, bands, mats, stability balls and Steps.



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Yin Yoga (book spot in MINDBODY app) - 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 (Book spot in MINDBODY app) - 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 (Book in the Mindbody App) - 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® (book spot in MINDBODY app) - 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 (book spot in MINDBODY app) - Zumba® at a slower pace, great for beginners or active older adults.

Zumba® Gold-Toning (book spot in MINDBODY app) - The Zumba party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks to shake up those muscles!