



Valparaiso Family YMCA

June 30th - August 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 Courtney G 5:15am - 6am	Cycle with Strength (book spot in MINDBODY app) Studio D/C Joy B 5:15am - 6am	Boot Camp (book spot in MINDBODY app) Studio AB Courtney G 5:15am - 6am	Cycle/Tabata Fusion (book spot in MINDBODY app) Studio D/C Fitness Instructor 5:15am - 6am			
6am	Step & Sculpt (book spot in MINDBODY app) Studio C Martha L 6am - 6:45am		Step & Sculpt (book spot in MINDBODY app) Studio C Martha L 6am - 6:45am				
7am	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	Pilates Matwork (book spot in MINDBODY app) Mind & Body Studio E Claudia M 8am - 8:50am	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	
	Yoga (Book spot in MINDBODY app) Mind & Body Studio E Alia H 8am - 8:50am	Pilates Reformer - Level 1 (paid class) Mind & Body Studio F Alia H 8am - 8:45am	Cycle with Strength (book spot in MINDBODY app) Studio D Jen D 8am - 9am	Beginner Yoga (book spot in MINDBODY app) Mind & Body Studio E Linda K 8am - 8:50am	SilverSneakers® Classic (book in MINDBODY app) Studio AB Julie P 8am - 8:45am	Line Dancing (book spot in MINDBODY app) Studio AB Melissa M./Michelle R. Rotation 8am - 8:50am	
		Beginner Yoga (book spot in MINDBODY app) Mind & Body Studio E Linda K 8am - 8:50am		Circuit (book spot in MINDBODY app) Studio AB Kerri P 8:10am - 8:50am	Beginner Yoga (book spot in MINDBODY app) Mind & Body Studio E Linda K 8am - 8:50am		
9am	Yoga (Book spot in MINDBODY app) Mind & Body Studio E Maureen C 9am - 10am	Dance Fitness (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	Yoga (Book spot in MINDBODY app) Mind & Body Studio E Maureen C 9am - 9:50am	Pilates Reformer w/ Props (paid class) Mind & Body Studio F Alia H 9am - 9:45am	PiYo® (book spot in MINDBODY app) Studio C Heather C 9am - 9:50am	
	WERQ® (book spot in MINDBODY app) Studio AB Melissa M 9am - 9:50am	Yoga (Book spot in MINDBODY app) Mind & Body Studio E Linda K 9am - 9:50am	Yoga (Book spot in MINDBODY app) Mind & Body Studio E Silviya S 9am - 10am	Dance Fitness (book spot in MINDBODY app) Studio C Michelle R 9am - 10am	Zumba® (book spot in MINDBODY app) Studio AB Patricia C 9am - 9:50am	TRX® (book spot in MINDBODY app) Studio D Melissa K 9am - 9:45am	
	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	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	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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	Pilates Reformer - Level 1 (paid class) Mind & Body Studio F Kristen C 9am - 9:45am	Cycle with Strength (book spot in MINDBODY app) Studio D Shannon C 9:15am - 10:15am		Cycle with Strength (book spot in MINDBODY app) Studio D Shannon C 9:15am - 10:15am	Yoga (Book spot in MINDBODY app) Mind & Body Studio E Linda K 9am - 9:50am	Yoga (Book spot in MINDBODY app) Mind & Body Studio E Maureen/Silviya Rotation 9:05am - 10:05am	
						Advanced Pilates Reformer (paid class) Mind & Body Studio F Robyn J 9:15am - 10am	
10am	R.I.P.E.D. (book in MINDBODY app) Studio C Irma W 10:10am - 11am	Strength Training (book spot in MINDBODY app) Studio AB Shana M 10:10am - 11am	Strength Training (book spot in MINDBODY app) Studio AB Pam M 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 Jaime B 10:10am - 11am	Strength Training (book spot in MINDBODY app) Studio AB Rosi/Shannon Rotation 10:10am - 11am	
	Strength Training (book spot in MINDBODY app) Studio AB Cecy D 10:10am - 11am	Zumba® (book spot in MINDBODY app) Studio C Romi D 10:10am - 11am	Circuit (book spot in MINDBODY app) Studio D/C Irma W 10:10am - 11am	Strength Training (book spot in MINDBODY app) Studio AB Shana M 10:10am - 11am	Pilates Matwork (book spot in MINDBODY app) Mind & Body Studio E Cathy G 10:10am - 11am	R.I.P.E.D. for Beginners (book in MINDBODY app) Studio C Becky / Pam Rotation 10:10am - 11am	
	Pilates Matwork (book spot in MINDBODY app) Mind & Body Studio E Maureen C 10:10am - 11am	Yoga (Book spot in MINDBODY app) Mind & Body Studio E Laura G 10:10am - 11am	Yin Yoga (book spot in MINDBODY app) Mind & Body Studio E Silviya S 10:10am - 11am		Strength Training (book spot in MINDBODY app) Studio AB Shannon C 10:10am - 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		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	Yoga Xpress (Book in the Mindbody App) Mind & Body Studio E Brittany T 11:10am - 11:40am	Wellness Center 101 (registration required) Wellness Center Desk Natalie & Pam 11:15am - 12:15pm	
	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		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		

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	MON	TUE	WED	THU	FRI	SAT	SUN
1pm	SilverSneakers® Classic (book in MINDBODY app) Studio AB Julie P 1:15pm - 2pm	Reserved for Special Programming Studio C Vicki S 1:30pm - 3:45pm	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		
2pm		SilverSneakers® Yoga (Book spot in MINDBODY app) Studio AB Anita B 2pm - 2:45pm		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	
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	
4pm	Kids Zumba® (book spot in MINDBODY app) Studio AB Romi D 4pm - 4:45pm	WERQ® (book spot in MINDBODY app) Studio AB Shana M 4pm - 4:50pm		TRX®/Strength (book spot in MINDBODY app) Studio D Cecy D 4pm - 4:50pm		Brazilian Jiu-jitsu (paid class) Studio AB Patrick R 4pm - 6pm	
		TRX®/Strength (book spot in MINDBODY app) Studio D Cecy D 4pm - 4:50pm		Kids Bodyweight Bootcamp (book in MINDBODY app) Studio C Rachel S 4:15pm - 4:45pm			
5pm	Zumba® (book spot in MINDBODY app) Studio AB Patricia C 5pm - 5:50pm	Barre Burner (book spot in MINDBODY app) Mind & Body Studio E Irma W 5pm - 5:50pm	Line Dancing (book spot in MINDBODY app) Studio AB Melissa M./Michelle R. Rotation 5pm - 5:50pm	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	TBC (book spot in MINDBODY app) Studio AB Cathy G 5pm - 5:50pm	Strength Xpress (book spot in MINDBODY app) Studio C Rosi H 5:15pm - 5:45pm	MixedFit®/Zumba® (book spot in MINDBODY app) Studio AB Rosi H 5pm - 5:50pm			
	Pilates Reformer - Level 1 (paid class) Mind & Body Studio F Reese R 5:45pm - 6:30pm	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 Cariann T 5:30pm - 6:20pm	Wellness Center 101 (registration required) Wellness Center Desk Natalie & Rachel 5pm - 6pm			
			Advanced Pilates Reformer (paid class) Mind & Body Studio F Robyn J 5:30pm - 6:15pm	Zumba® Gold-Toning (book spot in MINDBODY app) Studio C Becky R 5:30pm - 6:20pm			

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	MON	TUE	WED	THU	FRI	SAT	SUN
6pm	Pound® (book spot in MINDBODY app) Studio C Jaime B 6pm - 6:50pm	Tae Kwon Do (paid class) Studio AB José R 6pm - 7pm	Step & Strength (book spot in MINDBODY app) Studio C Maureen C 6pm - 6:50pm	Tae Kwon Do (paid class) Studio AB José R 6pm - 7pm			
	Pilates Matwork (book spot in MINDBODY app) Mind & Body Studio E Claudia M 6pm - 6:50pm	HIIT (book spot in MINDBODY app) Studio C Irma W 6:30pm - 7:15pm		HIIT (book spot in MINDBODY app) Studio C Irma W 6:30pm - 7:15pm			
	Sports Performance for Young Athletes (paid class) Studio AB Certified Trainer 6pm - 6:50pm						
7pm	Vinyasa Yoga (book spot in MINDBODY app) Mind & Body Studio E Lauren M 7pm - 8pm	Tae Kwon Do (paid class) Studio AB José R 7pm - 8pm	Vinyasa Yoga (book spot in MINDBODY app) Mind & Body Studio E Lauren M 7pm - 8pm	Tae Kwon Do (paid class) Studio AB José R 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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Class Descriptions Valparaiso Family YMCA

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

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.

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.

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.

Kids Bodyweight Bootcamp (book in MINDBODY app) - A 30-minute full body workout incorporating kid-friendly exercises to get kids moving. Ages 4-10 welcome.

Kids Zumba® (book spot in MINDBODY app) - 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. For ages 4-10.

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®/Zumba® (book spot in MINDBODY app) - 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 (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 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.

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.

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.



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R.I.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® 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.

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.

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!

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 (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.

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.

Vinyasa Yoga (book spot in MINDBODY app) - Yoga style where postures are linked together in a continuous, challenging and creative flow that combines strength and flexibility, toning the body and clearing the mind.

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.

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.



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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!