



Valparaiso Family YMCA
June 8th - August 31st

1201 Cumberland Crossing
Drive
Valparaiso, IN 46383
2194624185

	MON	TUE	WED	THU	FRI	SAT	SUN
5am		Cycle with Strength (book spot in MINDBODY app) Group Exercise Studio D/C Gayle A 5:15am - 6am		Cycle/Tabata Fusion (book spot in MINDBODY app) Group Exercise Studio D/C Gayle A 5:15am - 6am	Boot Camp (book spot in MINDBODY app) Group Exercise Studio AB Jazz E 5:15am - 6am		
6am	Step & Sculpt (book spot in MINDBODY app) Group Exercise Studio C Martha L 6am - 6:45am		HIIT (book spot in MINDBODY app) Group Exercise Studio AB Cylie M 6am - 6:30am		Step & Sculpt (book spot in MINDBODY app) Group Exercise Studio C Martha L 6am - 6:45am		
			Step & Sculpt (book spot in MINDBODY app) Group Exercise Studio C Martha L 6am - 6:45am				
7am						TRX® Xpress (book spot in MINDBODY app) Group Exercise Studio D Melissa K 7:15am - 7:45am	
8am	Chair Yoga (book spot in MINDBODY app) Group Exercise Studio AB Cathy T 8am - 8:45am	TRX®/Barbell Fusion (book spot in MINDBODY app) Group Exercise 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) Group Exercise Studio D Jen D 8am - 8:45am	Cycle/TRX® Fusion (book spot in MINDBODY app) Group Exercise Studio D Melissa K 8am - 8:45am	Line Dancing (book spot in MINDBODY app) Group Exercise Studio C Melissa M./Michelle Rotation 8am - 8:50am	
	PiYo® (book spot in MINDBODY app) Mind & Body Studio E Heather C 8am - 8:50am	Beginner Yoga (book spot in MINDBODY app) Mind & Body Studio E Linda K 8am - 8:50am	Pilates Reformer - Level 1 (paid class) Mind & Body Studio F Kristen C 8am - 8:45am	Beginner Yoga (book spot in MINDBODY app) Mind & Body Studio E Linda K 8am - 8:50am	SilverSneakers® Classic (book in MINDBODY app) Group Exercise Studio AB Julie P 8am - 8:45am	Group Cycle (book spot in MINDBODY app) Group Exercise Studio D Melissa K 8am - 8:45am	
	Cycle/TRX® Fusion (book spot in MINDBODY app) Group Exercise Studio D Melissa K 8am - 8:45am	Advanced Circuit (book spot in MINDBODY app) Group Exercise Studio AB Kerri P 8:10am - 8:50am	Cycle with Strength (book spot in MINDBODY app) Group Exercise Studio D Jen D 8am - 9am	Advanced Circuit (book spot in MINDBODY app) Group Exercise Studio AB Kerri P 8:10am - 8:50am	Fitness Yoga (book spot in MINDBODY app) Mind & Body Studio E Linda K 8am - 8:50am	Boot Camp (book spot in MINDBODY app) Group Exercise Studio AB Kerri P 8:10am - 8:50am	
				Pilates Reformer - Level 1 (paid class) Mind & Body Studio F Kristen C 8:30am - 9:15am			

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9am	Cycle with Strength (book spot in MINDBODY app) Group Exercise Studio D Liz B 9am - 9:50am	Yoga (Book spot in MINDBODY app) Mind & Body Studio E Diane D 9am - 9:50am	Dance Fitness - ZOOM ID 872 2464 5025 ZOOM Cathy G 9am - 10am	Yoga (Book spot in MINDBODY app) Mind & Body Studio E Diane D 9am - 9:50am	Fitness Yoga (book spot in MINDBODY app) Mind & Body Studio E Linda K 9am - 9:50am	Zumba® (book spot in MINDBODY app) Group Exercise Studio AB Jaime B 9am - 9:50am	
	WERQ® - ZOOM ID 845 0322 9933 ZOOM Melissa M 9am - 9:50am	WERQ® (book spot in MINDBODY app) Group Exercise Studio C Michelle R 9am - 9:50am	Fitness Yoga (book spot in MINDBODY app) Mind & Body Studio E Linda K 9am - 10am	WERQ® (book spot in MINDBODY app) Group Exercise Studio C Michelle R 9am - 9:50am	Zumba® (book spot in MINDBODY app) Group Exercise Studio AB Patricia C 9am - 9:50am	Zumba® - ZOOM ID 831 1462 2452 ZOOM Jaime B 9am - 9:50am	
	Fitness Yoga (book spot in MINDBODY app) Mind & Body Studio E Silviya S 9am - 9:50am	Pilates Reformer - Level 1 (paid class) Mind & Body Studio F Kristen C 9am - 9:45am	Dance Fitness (book spot in MINDBODY app) Group Exercise Studio AB Cathy G 9am - 9:50am	Boot Camp (book spot in MINDBODY app) Group Exercise Studio AB Jen D 9:10am - 10am	Cycle with Strength (book spot in MINDBODY app) Group Exercise Studio D/C Jen D 9am - 10am	TRX® (book spot in MINDBODY app) Group Exercise Studio D Melissa K 9am - 9:45am	
	Pilates Reformer Boot Camp (paid class) Mind & Body Studio F Jen D 9am - 9:45am	Boot Camp (book spot in MINDBODY app) Group Exercise Studio AB Jen D 9:10am - 10am	TBC (book spot in MINDBODY app) Group Exercise Studio C Crystal O 9:15am - 10am	Cycle with Strength (book spot in MINDBODY app) Group Exercise Studio D Shannon C 9:15am - 10:15am	Zumba® - ZOOM ID 894 4179 6046 ZOOM Patricia C 9am - 9:50am	Fitness Yoga (book spot in MINDBODY app) Mind & Body Studio E Diane/Silviya Rotation 9:05am - 10:05am	
	WERQ® (book spot in MINDBODY app) Group Exercise Studio AB Melissa M 9am - 9:50am	Cycle with Strength (book spot in MINDBODY app) Group Exercise Studio D Shannon C 9:15am - 10:15am					
	TBC (book spot in MINDBODY app) Group Exercise Studio C Crystal O 9:15am - 10am						
10am	Women's Strength (book spot in MINDBODY app) Group Exercise Studio AB Anne W 10:10am - 11am	Mind & Body Personal Training (paid class) Group Exercise Studio C Diane D 10am - 11am	R.I.P.P.E.D. (book in MINDBODY app) Group Exercise Studio C Irma W 10:10am - 11am	Wellness Center 101 (registration required) Wellness Center Desk Pam & Rachel 10am - 11am	Barre Connect (book spot in MINDBODY app) Mind & Body Studio E Liz B 10am - 10:45am	Strength Training (book spot in MINDBODY app) Group Exercise Studio AB Rachel/Shannon Rotation 10:10am - 11am	
	R.I.P.P.E.D. (book in MINDBODY app) Group Exercise Studio C Irma W 10:10am - 11am	WERQ® (book spot in MINDBODY app) Group Exercise Studio AB Melissa M 10:10am - 11am	Vinyasa Flow Yoga (book spot in MINDBODY app) Mind & Body Studio E Jessica C 10:10am - 11am	Mind & Body Personal Training (paid class) Group Exercise Studio C Diane D 10am - 11am	Strength Training (book spot in MINDBODY app) Group Exercise Studio AB Shannon C 10:10am - 11am	R.I.P.P.E.D. for Beginners (book in MINDBODY app) Group Exercise Studio C Becky / Pam Rotation 10:10am - 11am	

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	Vinyasa Flow Yoga (book spot in MINDBODY app) Mind & Body Studio E Jessica C 10:10am - 11am	Fitness Yoga (book spot in MINDBODY app) Mind & Body Studio E Laura G 10:10am - 11am	Women's Strength (book spot in MINDBODY app) Group Exercise Studio AB Pam M 10:10am - 11am	WERQ® (book spot in MINDBODY app) Group Exercise Studio AB Melissa M 10:10am - 11am	R.I.P.E.D. for Beginners (book in MINDBODY app) Group Exercise Studio C Irma W 10:10am - 11am		
				Fitness Yoga (book spot in MINDBODY app) Mind & Body Studio E Silviya S 10:10am - 11am	Pilates Reformer Boot Camp (paid class) Mind & Body Studio F Jen D 10:15am - 11am		
					Pilates Matwork - ZOOM ID 881 4760 4259 ZOOM Cathy G 10:30am - 11:30am		
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		Yin Yoga (book spot in MINDBODY app) Mind & Body Studio E Silviya S 11:10am - 12pm		
	AMPD Build (book spot in MINDBODY app) Group Exercise Studio C Irma W 11:10am - 11:40am		AMPD Build (book spot in MINDBODY app) Group Exercise Studio C Irma W 11:10am - 11:40am				
12pm	Zumba® Gold - ZOOM ID 863 0873 6741 ZOOM Tonia F 12pm - 12:50pm	Rock Steady Boxing (Paid program) Group Exercise Studio AB Fitness Instructor 12:30pm - 1:30pm	Pilates Reformer - Level 1 (paid class) Mind & Body Studio F Robyn J 12:15pm - 1pm	Rock Steady Boxing (Paid program) Group Exercise Studio AB Fitness Instructor 12:30pm - 1:30pm	Zumba® Gold-Toning (book spot in MINDBODY app) Group Exercise Studio AB Tonia F 12pm - 12:50pm		
	Zumba® Gold-Toning (book spot in MINDBODY app) Group Exercise Studio AB Tonia F 12pm - 12:50pm		Reserved for Special Programming Group Exercise Studio D Fitness Instructor 12:30pm - 1:15pm		Zumba® Gold - ZOOM ID 844 5985 3272 ZOOM Tonia F 12pm - 12:50pm		
1pm	SilverSneakers® Classic (book in MINDBODY app) Group Exercise Studio AB Julie P 1:15pm - 2pm	Beginner Yoga (book spot in MINDBODY app) Mind & Body Studio E Cathy T 1:15pm - 2:05pm	SilverSneakers® Classic (book in MINDBODY app) Group Exercise Studio AB Mike J 1:15pm - 2pm		SilverSneakers® Classic (book in MINDBODY app) Group Exercise Studio AB Tonia F 1:15pm - 2pm		

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	MON	TUE	WED	THU	FRI	SAT	SUN
2pm		SilverSneakers® Yoga (Book spot in MINDBODY app) Group Exercise Studio AB Anita B 2pm - 2:45pm		SilverSneakers® Yoga (Book spot in MINDBODY app) Group Exercise Studio AB Anita B 2pm - 2:45pm		Little Ninja Brazilian Jiu-jitsu (paid class) Group Exercise Studio AB Patrick R 2:30pm - 3pm	Wellness Center 101 (registration required) Wellness Center Desk Deb P 2pm - 3pm
		Reserved for Special Programming Group Exercise Studio C Vicki S 2:30pm - 3:45pm					
3pm	Reserved for Special Programming Group Exercise Studio AB Fitness Instructor 3:30pm - 4pm		Reserved for Special Programming Group Exercise Studio AB Fitness Instructor 3:30pm - 4pm		Reserved for Special Programming Group Exercise Studio AB Fitness Instructor 3:30pm - 4pm	Young Ninja Brazilian Jiu-jitsu (paid class) Group Exercise Studio AB Patrick R 3pm - 4pm	Zumba® (book spot in MINDBODY app) Group Exercise Studio AB Cathy / Patricia Rotation 3pm - 4pm
4pm	Fitness Yoga (book spot in MINDBODY app) Mind & Body Studio E Linda K 4pm - 4:50pm	Strength Training (book spot in MINDBODY app) Group Exercise Studio C Cecy D 4pm - 4:50pm	Reserved for Special Programming Mind & Body Studio E Fitness Instructor 4:30pm - 6pm	Strength Training (book spot in MINDBODY app) Group Exercise Studio C Cecy D 4pm - 4:50pm	Reserved for Special Programming Mind & Body Studio E Fitness Instructor 4pm - 6pm	Brazilian Jiu-jitsu (paid class) Group Exercise Studio AB Patrick R 4pm - 6pm	
		WERQ® (book spot in MINDBODY app) Group Exercise Studio AB Shana M 4pm - 4:50pm	Pilates Reformer - Level 1 (paid class) Mind & Body Studio F Robyn J 4:45pm - 5:30pm				
5pm	Zumba® (book spot in MINDBODY app) Group Exercise Studio AB Patricia C 5pm - 5:50pm	MixedFit® (book spot in MINDBODY app) Group Exercise Studio AB Rosi H 5pm - 5:50pm	Zumba® (book spot in MINDBODY app) Group Exercise Studio AB Jaime B 5pm - 5:50pm	MixedFit® (book spot in MINDBODY app) Group Exercise Studio AB Rosi H 5pm - 5:50pm	Strong by Zumba® (book spot in MINDBODY app) Mind & Body Studio E Cathy G 5pm - 5:50pm		
	Strength Xpress (book spot in MINDBODY app) Group Exercise Studio C Linda K 5:15pm - 5:45pm	Barre Burner (book spot in MINDBODY app) Mind & Body Studio E Irma W 5pm - 5:50pm	Strong by Zumba® (book spot in MINDBODY app) Mind & Body Studio E Cathy G 5pm - 5:50pm	Barre Burner (book spot in MINDBODY app) Mind & Body Studio E Irma W 5pm - 5:50pm			
	Cycle with Strength (book spot in MINDBODY app) Group Exercise Studio D Cylie M 5:30pm - 6:20pm	Pilates Reformer - Level 1 (paid class) Mind & Body Studio F Cecy D 5:15pm - 6pm	Strength Xpress (book spot in MINDBODY app) Group Exercise Studio C Rosi H 5:15pm - 5:45pm	Zumba® Toning (book spot in MINDBODY app) Group Exercise Studio C Becky R 5:30pm - 6:10pm			

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		Zumba® Toning (book spot in MINDBODY app) Group Exercise Studio C Becky R 5:30pm - 6:10pm	Cycle with Strength (book spot in MINDBODY app) Group Exercise Studio D Cariann T 5:30pm - 6:20pm				
6pm	Tiger Tae Kwon Do (paid class) Group Exercise Studio AB Sean H 6pm - 6:30pm	Tae Kwon Do (paid class) Group Exercise Studio AB José R 6pm - 7pm	Tiger Tae Kwon Do (paid class) Group Exercise Studio AB Sean H 6pm - 6:30pm	Tae Kwon Do (paid class) Group Exercise Studio AB José R 6pm - 7pm			
	Pound® (book spot in MINDBODY app) Group Exercise Studio C Jaime B 6pm - 6:50pm	Kick, Punch, Lift (book spot in MINDBODY app) Mind & Body Studio E Irma W 6pm - 7pm	TBC (book spot in MINDBODY app) Group Exercise Studio C Rosi H 6pm - 6:50pm	Kick, Punch, Lift (book spot in MINDBODY app) Mind & Body Studio E Irma W 6pm - 7pm			
	Pilates Matwork (book spot in MINDBODY app) Mind & Body Studio E Claudia M 6pm - 6:45pm	R.I.P.P.E.D. for Beginners (book in MINDBODY app) Group Exercise Studio C Becky R 6:30pm - 7:15pm	Wellness Center 101 (registration required) Wellness Center Desk April L 6pm - 7pm	R.I.P.P.E.D. for Beginners (book in MINDBODY app) Group Exercise Studio C Becky R 6:30pm - 7:15pm			
	Body Weight Boot Camp (book spot in MINDBODY app) YMCA Outdoor Pavilion Cathy G 6pm - 7pm		Tae Kwon Do (paid class) Group Exercise Studio AB Sean H 6:30pm - 7:15pm				
	Tae Kwon Do (paid class) Group Exercise Studio AB Sean H 6:30pm - 7:15pm		TRX® (book spot in MINDBODY app) Group Exercise Studio D Cecy D 6:30pm - 7pm				
	TRX® (book spot in MINDBODY app) Group Exercise Studio D Cecy D 6:30pm - 7pm						
7pm	Yoga (Book spot in MINDBODY app) Mind & Body Studio E Jessica C 7:15pm - 8:15pm	Tae Kwon Do (paid class) Group Exercise Studio AB José R 7pm - 8pm	Yoga (Book spot in MINDBODY app) Mind & Body Studio E Lauren M 7:15pm - 8:15pm	Tae Kwon Do (paid class) Group Exercise Studio AB José R 7pm - 8pm			

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	MON	TUE	WED	THU	FRI	SAT	SUN
	Krav Maga (paid class) Group Exercise Studio AB Sean H 7:15pm - 8pm		Krav Maga (paid class) Group Exercise Studio AB Sean H 7:15pm - 8pm				
8pm	Brazilian Jiu-jitsu (paid class) Group Exercise Studio AB Patrick R 8pm - 10pm		Brazilian Jiu-jitsu (paid class) Group Exercise Studio AB Patrick R 8pm - 10pm				

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Advanced 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.

AMPD Build (book spot in MINDBODY app) - A fast and efficient class that includes explosive total body movements that increase the heart rate, build endurance and strength.

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.

Barre Connect (book spot in MINDBODY app) - This fast-paced class will incorporate ballet barre technique, yoga poses, functional strength and cardio conditioning bursts and is designed to improve posture and alignment, strength, mobility, flexibility, balance and cardiovascular fitness.

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.

Body Weight Boot Camp (book spot in MINDBODY app) - Intervals of cardio and strength training using drills, Tabata or circuits. No equipment is required for this outdoor boot camp class held at the YMCA Pavilion.

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.

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

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 - ZOOM ID 872 2464 5025 - A dance fitness class featuring pop, Latin, rock and hip hop music.

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.

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.

Kick, Punch, Lift (book spot in MINDBODY app) - A high-energy class that mixes MMA inspired cardio drills, explosive power moves and strength training. The strength component of this class uses a variety of strength equipment (kettlebell, dumbbells and bands) for a full-body conditioning workout.

Krav Maga (paid class) - Designed to teach real self-defense in the shortest possible time, based on simple principles and instinctive movements. A military self-defense and fighting system developed for the Israel Defense Forces. Register monthly. Wear comfortable clothing.

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.

Mind & Body Personal Training (paid class) - Mind & Body Personal training includes: ~Pilates Reformer ~Pilates Matwork, ~Energy Healing ~Qissage ~Prenatal/postnatal Pilates ~Prenatal/postnatal Yoga ~Yoga

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 - ZOOM ID 881 4760 4259 - Core strengthening exercises with a focus on flexibility and posture.

Pilates Matwork (book spot in MINDBODY app) - Core strengthening exercises with a focus on flexibility and posture.



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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.

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.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.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® 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.

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!

Strong by Zumba® (book spot in MINDBODY app) - A challenging, high intensity interval training workout set to music. Using your own body weight, you will gain muscular endurance, tone, and definition.

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.

Tiger Tae Kwon Do (paid class) - This class introduces 3-6 yr olds to the basics of Tae Kwon Do. They will work on their motor skills, following directions, and discipline. Tae Kwon Do classes also allow students to work on their strength, socialization, and in some cases teamwork.

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.

Vinyasa Flow 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. This class is for people who have experience with the fundamentals of yoga.

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® - ZOOM ID 845 0322 9933 - A dance fitness class based on pop, rock and hip hop music.

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® - ZOOM ID 831 1462 2452 - A high energy cardio class using a variety of dance styles and international music. Zumba® classes are offered at multi-level, intermediate/advanced.

Zumba® - ZOOM ID 894 4179 6046 - A high energy cardio class using a variety of dance styles and international music. Zumba® classes are offered at multi-level, intermediate/advanced.

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 - ZOOM ID 844 5985 3272 - Zumba® at a slower pace, great for beginners or active older adults.

Zumba® Gold - ZOOM ID 863 0873 6741 - 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!

Zumba® Toning (book spot in MINDBODY app) - Your favorite Zumba class with the added benefit of an upper body workout using light weights.