



Valparaiso Family YMCA
January 4th - 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) Group Exercise Studio AB Jazz E 5:15am - 6am	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	Strength Training (book spot in MINDBODY app) Group Exercise Studio AB Cylie M 6:05am - 6:50am	HIIT (book spot in MINDBODY app) Group Exercise Studio AB Cylie M 6am - 6:30am	Strength Training (book spot in MINDBODY app) Group Exercise Studio AB Jazz E 6:05am - 6:50am	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® (book spot in MINDBODY app) Group Exercise Studio D Jen D 7am - 7:45am			TRX® (book spot in MINDBODY app) Group Exercise Studio D Jen D 7am - 7:45am		TRX® Xpress (book spot in MINDBODY app) Group Exercise Studio D Melissa K 7:15am - 7:45am	
8am	Group Cycle (book spot in MINDBODY app) Group Exercise Studio D Melissa K 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	SilverSneakers® Classic (book in MINDBODY app) Group Exercise Studio AB Julie P 8am - 8:45am	Line Dancing (book spot in MINDBODY app) Group Exercise Studio AB Melissa M./Michelle Rotation 8am - 8:50am	
	SilverSneakers® Classic (book in MINDBODY app) Group Exercise Studio AB Mike J 8am - 8:45am		Cycle with Strength (book spot in MINDBODY app) Group Exercise Studio D Jen D 8am - 9am		Cycle/TRX® Fusion (book spot in MINDBODY app) Group Exercise Studio D Melissa K 8am - 8:50am	PiYo® (book spot in MINDBODY app) Mind & Body Studio E Heather C 8am - 8:50am	
					Fitness Yoga (book spot in MINDBODY app) Mind & Body Studio E Linda K 8am - 8:50am	Group Cycle (book spot in MINDBODY app) Group Exercise Studio D Melissa K 8am - 8:45am	
9am	Cycle with Strength (book spot in MINDBODY app) Group Exercise Studio D Cariann T 9am - 9:50am	Yoga (Book spot in MINDBODY app) Mind & Body Studio E Diane D 9am - 9:50am	TBC (book spot in MINDBODY app) Group Exercise Studio C Joyce R 9am - 9:45am	Yoga (Book spot in MINDBODY app) Mind & Body Studio E Diane D 9am - 9:50am	Cycle with Strength (book spot in MINDBODY app) Group Exercise Studio D/C Jen D 9am - 10am	Zumba® (book spot in MINDBODY app) Group Exercise Studio AB Jaime B 9am - 9:50am	

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	Fitness Yoga (book spot in MINDBODY app) Mind & Body Studio E Silviya S 9am - 9:50am	WERQ® (book spot in MINDBODY app) Group Exercise Studio C Michelle R 9am - 9:50am	Cycle Xpress (book spot in MINDBODY app) Group Exercise Studio D Jen D 9:15am - 9:45am	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 - 9:50am	TRX® (book spot in MINDBODY app) Group Exercise Studio D Melissa K 9am - 9:45am	
	WERQ® (book spot in MINDBODY app) Group Exercise Studio AB Melissa M 9am - 9:50am	Boot Camp (book spot in MINDBODY app) Group Exercise Studio AB Jen D 9:10am - 10am	Fitness Yoga (book spot in MINDBODY app) Mind & Body Studio E Linda K 9:15am - 10:15am	Boot Camp (book spot in MINDBODY app) Group Exercise Studio AB Jen D 9:10am - 10am	Zumba® (book spot in MINDBODY app) Group Exercise Studio AB Patricia C 9am - 9:50am	Fitness Yoga (book spot in MINDBODY app) Mind & Body Studio E Diane/Silviya Rotation 9:05am - 10:05am	
	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		Cycle with Strength (book spot in MINDBODY app) Group Exercise Studio D Shannon C 9:15am - 10:15am			
10am	Beginner Cycle (book spot in MINDBODY app) Group Exercise Studio D Liz B 10am - 10:45am	Fitness Yoga (book spot in MINDBODY app) Mind & Body Studio E Laura G 10:10am - 11am	Beginner Cycle (book spot in MINDBODY app) Group Exercise Studio D Mike J 10am - 10:45am	Fitness Yoga (book spot in MINDBODY app) Mind & Body Studio E Silviya S 10:10am - 11am	Barre Connect (book spot in MINDBODY app) Mind & Body Studio E Liz B 10am - 10:45am	R.I.P.P.E.D. for Beginners (book in MINDBODY app) Group Exercise Studio C Becky/Pam Rotation 10:10am - 11am	
	Women's Strength (book spot in MINDBODY app) Group Exercise Studio AB Anne W 10:10am - 11am		Women's Strength (book spot in MINDBODY app) Group Exercise Studio C Pam M 10:10am - 11am		Strength Training (book spot in MINDBODY app) Group Exercise Studio AB Shannon C 10:10am - 11am	Strength Training (book spot in MINDBODY app) Group Exercise Studio AB Rachel/Shannon Rotation 10:10am - 11am	
					R.I.P.P.E.D. for Beginners (book in MINDBODY app) Group Exercise Studio C Pam M 10:10am - 11am		
11am	Yoga Xpress (Book in the Mindbody App) Mind & Body Studio E Alicia M 11:10am - 11:40am	Beginner Strength Training (book in MINDBODY app) Group Exercise Studio AB Rachel S 11am - 11:45am	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 Silviya S 11:10am - 11:40am		Super Cycle (Book spot in MINDBODY app) Group Exercise Studio D Alicia M 11:15am - 12:45pm

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	MON	TUE	WED	THU	FRI	SAT	SUN
12pm	Zumba® Gold-Toning (book spot in MINDBODY app) Group Exercise Studio AB Tonia F 12pm - 12:50pm	Rock Steady Boxing (Paid program) Group Exercise Studio AB Fitness Instructor 12:30pm - 1:30pm		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		
1pm	SilverSneakers® Classic (book in MINDBODY app) Group Exercise Studio AB Julie P 1:15pm - 2pm	Fitness Yoga (book spot in MINDBODY app) Mind & Body Studio E Rhyneil K 1:15pm - 2:05pm			SilverSneakers® Classic (book in MINDBODY app) Group Exercise Studio AB Tonia F 1:15pm - 2pm		
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	
3pm						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 Patricia / Rita 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		WERQ® (book spot in MINDBODY app) Group Exercise Studio AB Shana M 4pm - 4:50pm			
5pm	Zumba® (book spot in MINDBODY app) Group Exercise Studio AB Patricia C 5pm - 5:50pm	PiYo® (book spot in MINDBODY app) Mind & Body Studio E Heather C 5pm - 5:50pm	Zumba® (book spot in MINDBODY app) Group Exercise Studio AB Rita L. 5pm - 5:50pm	PiYo® (book spot in MINDBODY app) Mind & Body Studio E Heather C 5pm - 5:50pm	Cycle/Boot Camp Fusion (book spot in MINDBODY app) Group Exercise Studio D/C Cariann T 5pm - 6pm		
	Cycle/Boot Camp Fusion (book spot in MINDBODY app) Group Exercise Studio D/C Cariann T 5pm - 6pm	Cycle/TRX® Fusion (book spot in MINDBODY app) Group Exercise Studio D Joy B 5:30pm - 6:20pm	Strength Xpress (book spot in MINDBODY app) Group Exercise Studio C Rosi H 5:15pm - 5:45pm	Reserved for Special Programming Group Exercise Studio AB Fitness Instructor 5pm - 6pm			

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	Strength Xpress (book spot in MINDBODY app) Group Exercise Studio C Linda K 5:15pm - 5:45pm	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	Zumba® Toning (book spot in MINDBODY app) Group Exercise Studio C Becky R 5:30pm - 6:10pm			
	Preschool Dance Fusion (book spot in MINDBODY app) Mind & Body Studio E Jaime B 5:15pm - 5:45pm						
	Cycle with Strength (book spot in MINDBODY app) Group Exercise Studio D Cylie M 5:30pm - 6:20pm						
6pm	Tae Kwon Do (paid class) Group Exercise Studio AB Sean H 6pm - 7pm	Tae Kwon Do (paid class) Group Exercise Studio AB José R 6pm - 7pm	TBC (book spot in MINDBODY app) Group Exercise Studio C Rosi H 6pm - 6:50pm	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	R.I.P.P.E.D. for Beginners (book in MINDBODY app) Group Exercise Studio C Becky R 6:30pm - 7:15pm	Tae Kwon Do (paid class) Group Exercise Studio AB Sean H 6pm - 7pm	R.I.P.P.E.D. for Beginners (book in MINDBODY app) Group Exercise Studio C Becky R 6:30pm - 7:15pm			
	Pilates Matwork (book spot in MINDBODY app) Mind & Body Studio E Claudia M 6pm - 6:45pm		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	Tae Kwon Do (paid class) Group Exercise Studio AB Sean H 7pm - 8pm	Tae Kwon Do (paid class) Group Exercise Studio AB José R 7pm - 8pm	Tae Kwon Do (paid class) Group Exercise Studio AB Sean H 7pm - 8pm	Tae Kwon Do (paid class) Group Exercise Studio AB José R 7pm - 8pm			
	Yoga (Book spot in MINDBODY app) Mind & Body Studio E Rhyneil K 7:15pm - 8:15pm		Yoga (Book spot in MINDBODY app) Mind & Body Studio E Lauren M 7:15pm - 8:15pm				

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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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