



Valparaiso Family YMCA

May 1st - June 30th

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		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	
			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 - 8:45am	Group Cycle (book spot in MINDBODY app) Group Exercise Studio D Melissa K 8am - 8:45am	
					Fitness Yoga (book spot in MINDBODY app) Mind & Body Studio E Linda K 8am - 8:50am		
9am	WERQ® (book spot in MINDBODY app) Group Exercise Studio C Melissa M 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	Zumba® - ZOOM ID 894 4179 6046 ZOOM Patricia C 9am - 9:50am	Zumba® - ZOOM ID 831 1462 2452 ZOOM 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 Boot Camp (paid class) Mind & Body Studio F Jen D 9am - 9:45am	WERQ® (book spot in MINDBODY app) Group Exercise Studio C Michelle R 9am - 9:50am	TBC (book spot in MINDBODY app) Group Exercise Studio C Joyce R 9am - 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	Zumba® (book spot in MINDBODY app) Group Exercise Studio AB Jaime B 9am - 9:50am	
	Fitness Yoga (book spot in MINDBODY app) Mind & Body Studio E Silviya S 9am - 9:50am	Boot Camp (book spot in MINDBODY app) Group Exercise Studio AB Jen D 9:10am - 10am	Cycle Xpress (book spot in MINDBODY app) Group Exercise Studio D Jen D 9:15am - 9:45am	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	
	Cycle with Strength (book spot in MINDBODY app) Group Exercise Studio D Cariann T 9am - 9:50am	Cycle with Strength (book spot in MINDBODY app) Group Exercise Studio D Shannon C 9:15am - 10:15am	Fitness Yoga (book spot in MINDBODY app) Mind & Body Studio E Linda K 9:15am - 10:15am	Cycle with Strength (book spot in MINDBODY app) Group Exercise Studio D Shannon C 9:15am - 10:15am	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	
	WERQ® - ZOOM ID 845 0322 9933 ZOOM Melissa M 9am - 9:50am			Pilates Reformer - Level 1 (paid class) Mind & Body Studio F Kristen C 9:30am - 10:15am		Pilates Reformer - Level 1 (paid class) Mind & Body Studio F Robyn J 9:15am - 10am	
	TBC (book spot in MINDBODY app) Group Exercise Studio AB Crystal O 9:15am - 10am						
10am	Beginner Cycle (book spot in MINDBODY app) Group Exercise Studio D Liz B 10am - 10:45am	WERQ® (book spot in MINDBODY app) YMCA Outdoor Pavilion Melissa M 10am - 10:50am	Beginner Cycle (book spot in MINDBODY app) Group Exercise Studio D Mike J 10am - 10:45am	WERQ® (book spot in MINDBODY app) YMCA Outdoor Pavilion Melissa M 10am - 10:50am	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	
	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	Women's Strength (book spot in MINDBODY app) Group Exercise Studio C Pam M 10:10am - 11am	Mind & Body Personal Training (paid class) Group Exercise Studio C Diane D 10am - 11am	R.I.P.P.E.D. for Beginners (book in MINDBODY app) Group Exercise Studio C Pam M 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	
		Fitness Yoga (book spot in MINDBODY app) Mind & Body Studio E Laura G 10:10am - 11am		Fitness Yoga (book spot in MINDBODY app) Mind & Body Studio E Silviya S 10:10am - 11am	Strength Training (book spot in MINDBODY app) Group Exercise Studio AB Shannon C 10:10am - 11am		

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					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	Pilates Reformer - Level 1 (paid class) Mind & Body Studio F Kristen C 11am - 11:45am	Beginner Strength Training (book in MINDBODY app) Group Exercise Studio AB Rachel S 11:15am - 12:05pm	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		
	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 Stefannie R 11:15am - 12pm				
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				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	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 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	Wellness Center 101 (registration required) Wellness Center Desk Deb P 2pm - 3pm

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	MON	TUE	WED	THU	FRI	SAT	SUN
		Reserved for Special Programming Mind & Body Studio E Fitness Instructor 2pm - 3:30pm		Reserved for Special Programming Mind & Body Studio E Fitness Instructor 2pm - 3:30pm			Pound® (book spot in MINDBODY app) Group Exercise Studio AB Jaime B 2pm - 2:45pm
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 Patricia / Rita Rotation 3pm - 4pm
							Zumba® - ZOOM ID 847 1991 6757 ZOOM 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	Yoga (Book spot in MINDBODY app) Mind & Body Studio E Lauren M 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 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	Reserved for Special Programming Mind & Body Studio E Fitness Instructor 4:30pm - 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® - ZOOM ID 815 5316 3940 ZOOM 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 Rita L. 5pm - 5:50pm	MixedFit® (book spot in MINDBODY app) Group Exercise Studio AB Rosi H 5pm - 5:50pm	Cycle/Boot Camp Fusion (book spot in MINDBODY app) Group Exercise Studio D/C Cariann T 5pm - 6pm		
	Zumba® (book spot in MINDBODY app) Group Exercise Studio AB Patricia C 5pm - 5:50pm	Pilates Reformer - Level 1 (paid class) Mind & Body Studio F Cecy D 5:15pm - 6pm	Strong by Zumba® (book spot in MINDBODY app) Mind & Body Studio E Cathy G 5pm - 5:50pm	Zumba® Toning (book spot in MINDBODY app) Group Exercise Studio C Becky R 5:30pm - 6:10pm	Strong by Zumba® (book spot in MINDBODY app) Mind & Body Studio E Cathy G 5pm - 5:50pm		

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	Preschool Dance Fusion (book spot in MINDBODY app) Mind & Body Studio E Jaime B 5:15pm - 5:45pm	Cycle/TRX® Fusion (book spot in MINDBODY app) Group Exercise Studio D Joy B 5:30pm - 6:30pm	Strength Xpress (book spot in MINDBODY app) Group Exercise Studio C Rosi H 5:15pm - 5:45pm				
	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				
	Cycle with Strength (book spot in MINDBODY app) Group Exercise Studio D Cylie M 5:30pm - 6:20pm						
6pm	Pilates Matwork (book spot in MINDBODY app) Mind & Body Studio E Claudia M 6pm - 6:45pm	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			
	Tiger Tae Kwon Do (paid class) Group Exercise Studio AB Sean H 6pm - 6:30pm	R.I.P.P.E.D. for Beginners (book in MINDBODY app) Group Exercise Studio C Becky R 6:30pm - 7:15pm	TBC (book spot in MINDBODY app) Group Exercise Studio C Rosi H 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			
	Pound® (book spot in MINDBODY app) Group Exercise Studio C Jaime B 6pm - 6:50pm		Wellness Center 101 (registration required) Wellness Center Desk April L 6pm - 7pm				
	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				

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	MON	TUE	WED	THU	FRI	SAT	SUN
	TRX® (book spot in MINDBODY app) Group Exercise Studio D Cecy D 6:30pm - 7pm						
7pm	Krav Maga (paid class) Group Exercise Studio AB Sean H 7:15pm - 8pm	Tae Kwon Do (paid class) Group Exercise Studio AB José R 7pm - 8pm	Krav Maga (paid class) Group Exercise Studio AB Sean H 7:15pm - 8pm	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		Yoga (Book spot in MINDBODY app) Mind & Body Studio E Lauren M 7:15pm - 8:15pm				
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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Class Descriptions Valparaiso Family YMCA

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- 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 Cycle (book spot in MINDBODY app)** - An easy ride including a warm-up, 30-35 minutes of cycling and a long final stretch.
- Beginner Strength Training (book in MINDBODY app)** - Total body strength training modified for beginners, using weights, bands, stability balls, gliders and/or matwork.
- 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.
- Cycle with Strength (book spot in MINDBODY app)** - Group cycling with some strength and conditioning.
- Cycle Xpress (book spot in MINDBODY app)** - Group cycling for 30 minutes. Great for beginners!
- 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 - ZOOM ID 872 2464 5025** - 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.
- 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.
- 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.
- 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.



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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® 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.

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.

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 815 5316 3940 - 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 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 847 1991 6757 - 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® - 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.