



# Valparaiso Family YMCA

March 27th - April 2nd

1201 Cumberland Crossing  
Drive  
Valparaiso, IN 46383  
2194624185

|     | MON 27   | TUE 28   | WED 29  | THU 30   | FRI 31  | SAT 1   | SUN 2 |
|-----|--|--|---|--|---|---|-------|
| 5am | <b>Boot Camp (book spot in MINDBODY app)</b><br>Studio AB<br>Courtney G<br>5:15am - 6am              | <b>Cycle with Strength (book spot in MINDBODY app)</b><br>Studio D/C<br>Joy B<br>5:15am - 6am          | <b>Boot Camp (book spot in MINDBODY app)</b><br>Studio AB<br>Courtney G<br>5:15am - 6am                 |  | <b>Boot Camp (book spot in MINDBODY app)</b><br>Studio AB<br>Taylor M<br>5:15am - 6am               |   |       |
| 6am | <b>Step &amp; Sculpt (book spot in MINDBODY app)</b><br>Studio C<br>Martha L<br>6am - 6:45am         |  | <b>Step &amp; Sculpt (book spot in MINDBODY app)</b><br>Studio C<br>Martha L<br>6am - 6:45am            |  | <b>Stretch, Flex &amp; Balance (book in MINDBODY app)</b><br>Studio C<br>Martha L<br>6am - 6:30am   |   |       |
| 7am | <b>TRX® (book spot in MINDBODY app)</b><br>Studio D<br>Melissa K<br>7am - 7:45am                     |  |   |  |   | <b>TRX® Xpress (book spot in MINDBODY app)</b><br>Studio D<br>Melissa K<br>7:15am - 7:45am  |       |
| 8am | <b>Cycle/TRX® Fusion (book spot in MINDBODY app)</b><br>Studio D<br>Melissa K<br>8am - 8:45am        | <b>Beginner Yoga (book spot in MINDBODY app)</b><br>Mind & Body Studio E<br>Linda K<br>8am - 8:50am    | <b>SilverSneakers® Classic (book in MINDBODY app)</b><br>Studio AB<br>Pam M<br>8am - 8:45am             | <b>Beginner Yoga (book spot in MINDBODY app)</b><br>Mind & Body Studio E<br>Linda K<br>8am - 8:50am    | <b>Beginner Yoga (book spot in MINDBODY app)</b><br>Mind & Body Studio E<br>Linda K<br>8am - 8:50am | <b>Group Cycle (book spot in MINDBODY app)</b><br>Studio D<br>Melissa K<br>8am - 8:45am     |       |
|     | <b>SilverSneakers® Classic (book in MINDBODY app)</b><br>Studio AB<br>Mike J<br>8am - 8:45am         |  | <b>Cycle with Strength (book spot in MINDBODY app)</b><br>Studio D<br>Jen D<br>8am - 9am                |  | <b>Cycle/TRX® Fusion (book spot in MINDBODY app)</b><br>Studio D<br>Melissa K<br>8am - 8:45am       | <b>WERQ® (book spot in MINDBODY app)</b><br>Studio AB<br>Shana M<br>8am - 8:50am            |       |
|     | <b>Pilates Matwork (book spot in MINDBODY app)</b><br>Mind & Body Studio E<br>Alia H<br>8am - 8:50am |  | <b>Pilates Matwork (book spot in MINDBODY app)</b><br>Mind & Body Studio E<br>Claudia M<br>8am - 8:50am |  | <b>SilverSneakers® Classic (book in MINDBODY app)</b><br>Studio AB<br>Julie P<br>8am - 8:45am       |   |       |
| 9am | <b>WERQ® (book spot in MINDBODY app)</b><br>Studio AB<br>Melissa M<br>9am - 9:50am                   | <b>Dance Fitness/WERQ® (book spot in MINDBODY app)</b><br>Studio C<br>Fitness Instructor<br>9am - 10am | <b>TBC (book spot in MINDBODY app)</b><br>Studio C<br>Joyce R<br>9am - 9:50am                           | <b>Dance Fitness/WERQ® (book spot in MINDBODY app)</b><br>Studio C<br>Fitness Instructor<br>9am - 10am | <b>Yoga (Book spot in MINDBODY app)</b><br>Mind & Body Studio E<br>Linda K<br>9am - 9:50am          | <b>PiYo® (book spot in MINDBODY app)</b><br>Studio C<br>Heather C<br>9am - 9:50am           |       |
|     | <b>Yoga (Book spot in MINDBODY app)</b><br>Mind & Body Studio E<br>Alia H<br>9am - 9:50am            | <b>Yoga (Book spot in MINDBODY app)</b><br>Mind & Body Studio E<br>Linda K<br>9am - 9:50am             |   | <b>Yoga (Book spot in MINDBODY app)</b><br>Mind & Body Studio E<br>Linda K<br>9am - 9:50am             | <b>Zumba® (book spot in MINDBODY app)</b><br>Studio AB<br>Patricia C<br>9am - 9:50am                | <b>Cycle with Strength (book spot in MINDBODY app)</b><br>Studio D<br>Diane A<br>9am - 10am |       |
|     | <b>Boot Camp (book spot in MINDBODY app)</b><br>Studio C<br>Taylor M<br>9:15am - 10am                | <b>Cycle with Strength (book spot in MINDBODY app)</b><br>Studio D<br>Shannon C<br>9:15am - 10:15am    |   |  |   | <b>Zumba® (book spot in MINDBODY app)</b><br>Studio AB<br>Jaime B<br>9am - 9:50am           |       |

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|------|--|--|--|--|---|--|---|
| 10am | <b>Circuit (book spot in MINDBODY app)</b><br>Studio D/C<br>Irma W<br>10:10am - 11am                   | <b>Strength Training (book spot in MINDBODY app)</b><br>Studio AB<br>Shana M<br>10:10am - 11am     | <b>Circuit (book spot in MINDBODY app)</b><br>Studio D/C<br>Irma W<br>10:10am - 11am                   | <b>Barre (book spot in MINDBODY app)</b><br>Studio C<br>Alia H<br>10:10am - 11am                   | <b>Fitness Drumming (book spot in MINDBODY app)</b><br>Studio C<br>Pam M<br>10:10am - 11am      | <b>R.I.P.E.D. for Beginners (book in MINDBODY app)</b><br>Studio C<br>Becky / Pam Rotation<br>10:10am - 11am |   |
|      | <b>Strength Training (book spot in MINDBODY app)</b><br>Studio AB<br>Cecy D<br>10:10am - 11am          | <b>Yoga (Book spot in MINDBODY app)</b><br>Mind & Body Studio E<br>Laura G<br>10:10am - 11am       | <b>Strength Training (book spot in MINDBODY app)</b><br>Studio AB<br>Pam M<br>10:10am - 11am           | <b>Strength Training (book spot in MINDBODY app)</b><br>Studio AB<br>Shana M<br>10:10am - 11am     |   |  | <b>Strength Training (book spot in MINDBODY app)</b><br>Studio AB<br>Fitness Instructor<br>10:10am - 11am |
|      |  |  |  | <b>Yin Yoga (book spot in MINDBODY app)</b><br>Mind & Body Studio E<br>Silviya S<br>10:10am - 11am |   |  |   |
| 11am | <b>Yoga Xpress (Book in the Mindbody App)</b><br>Mind & Body Studio E<br>Alicia M<br>11:10am - 11:40am | <b>SilverSneakers® Stability (book in MINDBODY app)</b><br>Studio AB<br>Rachel S<br>11:15am - 12pm | <b>Yoga Xpress (Book in the Mindbody App)</b><br>Mind & Body Studio E<br>Alicia M<br>11:10am - 11:40am | <b>SilverSneakers® Stability (book in MINDBODY app)</b><br>Studio AB<br>Rachel S<br>11:15am - 12pm |   | <b>Wellness Center 101 (registration required)</b><br>Wellness Center Desk<br>Pam M<br>11:15am - 12:15pm     |   |
| 12pm |  | <b>StayStrong (registration required)</b><br>Studio C<br>Marylin A<br>12pm - 12:45pm               | <b>Beginner Dance Fitness (book spot in MINDBODY app)</b><br>Studio AB<br>Linda K<br>12pm - 12:50pm    | <b>Rock Steady Boxing (Paid program)</b><br>Studio AB<br>Fitness Instructor<br>12:30pm - 1:30pm    |   |  |   |
|      |  | <b>Rock Steady Boxing (Paid program)</b><br>Studio AB<br>Fitness Instructor<br>12:30pm - 1:30pm    |  |  |   |  |   |
| 1pm  | <b>SilverSneakers® Classic (book in MINDBODY app)</b><br>Studio AB<br>Julie P<br>1:15pm - 2pm          | <b>Reserved for Special Programming</b><br>Studio C<br>Vicki S<br>1:30pm - 3:45pm                  | <b>SilverSneakers® Classic (book in MINDBODY app)</b><br>Studio AB<br>Mike J<br>1:15pm - 2pm           |  | <b>SilverSneakers® Classic (book in MINDBODY app)</b><br>Studio AB<br>Maureen C<br>1:15pm - 2pm |  |   |
| 2pm  |  | <b>SilverSneakers® Yoga (Book spot in MINDBODY app)</b><br>Studio AB<br>Anita B<br>2pm - 2:45pm    |  | <b>Reserved for Special Programming</b><br>Mind & Body Studio E<br>Self Led<br>2pm - 2:30pm        |   | <b>Little Ninja Brazilian Jiu-jitsu (paid class)</b><br>Studio AB<br>Patrick R<br>2:30pm - 3pm               |   |
|      |  |  |  | <b>SilverSneakers® Yoga (Book spot in MINDBODY app)</b><br>Studio AB<br>Anita B<br>2pm - 2:45pm    |   |  |   |

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|-----|---|---|--|---|--|--|---|
| 3pm |   |   |  |   |  | <b>Young Ninja Brazilian Jiu-jitsu (paid class)</b><br>Studio AB<br>Patrick R<br>3pm - 4pm | <b>Zumba® (book spot in MINDBODY app)</b><br>Studio AB<br>Cathy / Patricia<br>Rotation<br>3pm - 4pm |
| 4pm | <b>Beginner Yoga (book spot in MINDBODY app)</b><br>Mind & Body Studio E<br>Linda K<br>4pm - 5pm          | <b>WERQ® (book spot in MINDBODY app)</b><br>Studio AB<br>Shana M<br>4pm - 4:50pm                | <b>Beginner Yoga (book spot in MINDBODY app)</b><br>Mind & Body Studio E<br>Heather B<br>4pm - 5pm | <b>WERQ® (book spot in MINDBODY app)</b><br>Studio AB<br>Shana M<br>4pm - 4:50pm                |  | <b>Brazilian Jiu-jitsu (paid class)</b><br>Studio AB<br>Patrick R<br>4pm - 6pm             |   |
| 5pm | <b>Zumba® (book spot in MINDBODY app)</b><br>Studio AB<br>Patricia C<br>5pm - 5:50pm                      | <b>TBC (book spot in MINDBODY app)</b><br>Studio AB<br>Cathy G<br>5pm - 5:50pm                  | <b>MixedFit®/Zumba® (book spot in MINDBODY app)</b><br>Studio AB<br>Rosi H<br>5pm - 5:50pm         | <b>Zumba® Gold-Toning (book spot in MINDBODY app)</b><br>Studio C<br>Becky R<br>5:30pm - 6:20pm | <b>Dance Fitness Party (book spot in MINDBODY app)</b><br>Studio AB<br>Fitness Instructor<br>5:30pm - 6:30pm |  |   |
|     | <b>Strength Xpress (book spot in MINDBODY app)</b><br>Studio C<br>Shana/Vicky Rotation<br>5:15pm - 5:45pm | <b>Zumba® Gold-Toning (book spot in MINDBODY app)</b><br>Studio C<br>Becky R<br>5:30pm - 6:20pm | <b>Strength Xpress (book spot in MINDBODY app)</b><br>Studio C<br>Vicky S<br>5:15pm - 5:45pm       |   |  |  |   |
|     |   |   | <b>Cycle with Strength (book spot in MINDBODY app)</b><br>Studio D<br>Cariann T<br>5:30pm - 6:20pm |   |  |  |   |
|     |   |   | <b>Yoga (Book spot in MINDBODY app)</b><br>Mind & Body Studio E<br>Kya D<br>5:30pm - 6:30pm        |   |  |  |   |
| 6pm | <b>Pilates Matwork (book spot in MINDBODY app)</b><br>Mind & Body Studio E<br>Claudia M<br>6pm - 6:50pm   |   | <b>Dance Fitness/WERQ® (book spot in MINDBODY app)</b><br>Studio C<br>Vicky S<br>6pm - 6:50pm      |   |  |  |   |
|     | <b>Pound® (book spot in MINDBODY app)</b><br>Studio C<br>Jaime B<br>6pm - 6:50pm                          |   |  |   |  |  |   |
| 7pm | <b>Brazilian Jiu-jitsu (paid class)</b><br>Studio AB<br>Patrick R<br>7pm - 8:30pm                         |   | <b>Brazilian Jiu-jitsu (paid class)</b><br>Studio AB<br>Patrick R<br>7pm - 8:30pm                  |   |  |  |   |

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|-----|--------|---|--------|---|--------|-------|-------|
| 8pm |        | <b>Brazilian Jiu-jitsu<br/>(paid class)</b><br>Studio AB<br>Patrick R<br>8pm - 9:30pm |        | <b>Brazilian Jiu-jitsu<br/>(paid class)</b><br>Studio AB<br>Patrick R<br>8pm - 9:30pm |        |       |       |

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## Class Descriptions Valparaiso Family YMCA

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**Barre (book spot in MINDBODY app)** - Workout class combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training.

**Beginner Dance Fitness (book spot in MINDBODY app)** - Dance fitness at a slower pace, great for beginners or active older adults.

**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/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 Party (book spot in MINDBODY app)** - Shake up your Friday night with a dance fitness party at the Y! Dance fitness class with a different instructor each week, featuring pop, Latin, rock, and hip-hop music.

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

**Fitness Drumming (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.

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

**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)** - MIXXEDFIT® 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.

**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. 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.

**StayStrong (registration required)** - StayStrong cancer support program provides an opportunity for LiveSTRONG® at the Y alumni to continue their health and wellness journey.

**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.



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**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!

**Stretch, Flex & Balance (book in MINDBODY app)** - A class focused on improving stability and flexibility with balance work and stretching.

**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.

**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.

**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!