



VALPARAISO FAMILY YMCA

GROUP EX SCHEDULE

WINTER 2024

1201 Cumberland Crossing Dr
Valparaiso, IN 46383
219.462.4185

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM	Boot Camp Studio AB Courtney G 5:15am - 6am	Cycle with Strength Studio D/C Joy B 5:15am - 6am	Boot Camp Studio AB Courtney G 5:15am - 6am	Cycle Tabata Fusion Studio D/C Jazz 5:15am - 6am	Boot Camp Studio AB Courtney G 5:15am - 6am		
	Cycle with Strength Studio D Stephanie B 5:15am-6am				Cycle with Strength Studio D/C Stephanie 5:15am - 6am		
6AM	Step & Sculpt Studio C Martha L 6am-6:45am		Step & Sculpt Studio C Martha L 6am-6:45am		Stretch, Flex & Balance Studio C Martha L 6am-6:30am	TRX® Express Studio D Melissa K 7:15am-7:45am	
	Fitness Yoga Studio E Courtney G 6:30am-7:15am		Fitness Yoga Studio E Courtney G 6:30am-7:15am				
8AM	Cycle/TRX® Fusion Studio D Melissa K 8am-8:45am	TRX®/Barbell Fusion Studio D Jen D 8am-8:45am	Pliates Matwork Studio E Claudia M 8am-8:50am	Kettlebell/TRX® Studio D Jen D 8:10am-8:55am		Group Cycle Studio D Melissa K 8am-8:45am	
		Beginner Yoga Studio E Linda K 8am-8:50am	Cycle with Strength Studio D Jen D 8am-9am	Beginner Yoga Studio E Linda K 8am-8:50am	SilverSneakers® Classic Studio AB Julie P 8am-8:45am	WERQ® Studio AB Shana M 8am-8:50am	
	SilverSneakers® Classic Studio AB Mike J 8am-8:45am		SilverSneakers® Classic Studio AB Pam M 8am-8:45am		Cycle/TRX® Fusion Studio D Melissa K 8am-8:45am		
					Beginner Yoga Studio E Linda K 8am-8:50am		

Please note all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting and exercise program.



VALPARAISO FAMILY YMCA

GROUP EX SCHEDULE

WINTER 2024

1201 Cumberland Crossing Dr
Valparaiso, IN 46383
219.462.4185

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9AM	WERQ® Studio AB Melissa M 9am-10am		Dance Fitness/ WERQ® Studio AB Cathy G 9am-9:50am	WERQ® Studio C Shana M 9am-10am		Cycle with Strength Studio D Diane A 9am-10am	
	Cycle with Strength Studio D Cariann T 9am-10am	WERQ® Studio C Shana M 9am-10am	TBC Studio C Joyce R 9am-9:50am	Yoga Studio E Linda K 9am-9:50am	Cycle with Strength Studio D Jen D 9am-10am	Zumba® Studio AB Jaime B 9am-9:50am	
	Pilates Reformer Level 1 (Paid Class) Studio F Kristen C 9am - 9:45am	Yoga Studio E Linda K 9am-9:50am	Yoga Studio E Silviya S 9am-10am	Boot Camp Studio AB Liz B 9:10am-10am	Zumba® Studio AB Patricia C 9am -9:50am		
	Yoga Studio E Alia H 9am-9:50am	Boot Camp Studio AB Courtney G 9:10am-10am	Pilates Reformer w/ Props (Paid Class) Studio F Kristen C 9am - 9:45am	Cycle with Strength Studio D Shannon C 9:15am-10:15am	Pilates Reformer w/ Props (Paid Class) Studio F Alia H 9am - 9:45am	Yoga Studio E Carrie/Instructor Rotation 9:05am-10:05am	
	Boot Camp Studio C Maureen C 9:15am-10am	Cycle with Strength Studio D Shannon C 9:15am-10:15am	Cycle with Strength Studio D Kaitlin C 9:10am - 9:50am		Yoga Studio E Linda K 9am-9:50am	Advanced Pilates Reformer (Paid Class) Studio F Robyn J 9am - 9:45am	
10AM		Yoga Studio E Laura G 10:10am-11am	Strength Training Studio AB Pam M 10:10am-11am	Beginner Yoga Studio E Brittany 10:10am-11am	Advanced Strength Training Studio AB Shannon C 10:10am-11am	R.I.P.P.E.D. For Beginners Studio C Becky/Pam Rotation 10:10am-11am	
	Pliates Matwork Studio E Maureen C 10:10am-11am	Strength Training Studio AB Shana M 10:10am-11am	Yin Yoga Studio E Silviya S 10:10am-11am	Strength Training Studio AB Shana M 10:10am-11am	Pliates Matwork Studio E Cathy G 10:10am-11am	Strength Training Studio AB Rosi H/Shannon 10:10am-11am	
	Strength Training Studio AB Cecy D 10:10am-11am	Barre Studio C Alia C 10:10am-11am	Circuit Studio D/C Kaitlin C 10:10am-11am	Barre Studio C Liz B 10:10am-11am	Fitness Drumming Studio C Pam M 10:10am-11am		

Please note all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting and exercise program.



VALPARAISO FAMILY YMCA

GROUP EX SCHEDULE

WINTER 2024

1201 Cumberland Crossing Dr
Valparaiso, IN 46383
219.462.4185

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11AM	Circuit Studio D/C Kaitlin C 10:10am-11am				Pilates Reformer w/ Props (Paid Class) Studio F Alia H 9am - 9:45am		
	Yoga Xpress Studio E Alicia M 11:10am-11:40am	Toddler & Me Yoga 12mos - 3yrs Studio E Sylvia S 11:15am - 11:45am	Yoga Xpress Studio E Alicia M 11:10am-11:40am	SilverSneakers® Stability Studio AB Rachel S 11:15am-12am	Yoga Xpress Studio E Silviya S 11:10am-11:40am		Super Cycle Studio D Alicia M 11:15am-12:45pm
		SilverSneakers® Stability Studio AB Rachel S 11:15am-12pm					
12PM	Beginner Dance Fitness Studio AB Tonia F 12pm-12:50pm	StayStrong (Registration Required) Studio E Marilyn 12pm-12:45pm	Beginner Dance Fitness Studio AB Linda K 12pm-12:50pm	Rock Steady Boxing Studio AB Fitness Instructor 12:30pm 1:30pm			
		Rock Steady Boxing Studio AB Fitness Instructor 12:30pm 1:30pm					
1PM	SilverSneakers® Classic Studio AB Julie P 1:15pm-2pm		SilverSneakers® Classic Studio AB Mike J 1:15pm-2pm		SilverSneakers® Classic Studio AB Maureen C 1:15pm-2pm		
		SilverSneakers® Enerchi Studio E Marilyn 1:00pm 1:45pm					
2PM		SilverSneakers® Yoga Studio AB Anita B 2pm-2:45pm		Reserved for Special Programming Studio E Self Led 2pm-2:30pm		Little Ninja Brazilian Jiu-jitsu (Paid class) Studio AB Patrick R 2:30pm-3pm	

Please note all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting and exercise program.



VALPARAISO FAMILY YMCA

GROUP EX SCHEDULE

WINTER 2024

1201 Cumberland Crossing Dr
Valparaiso, IN 46383
219.462.4185

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				SilverSneakers® Yoga Studio AB Anita B 2pm-2:45pm		Young Ninja Brazilian Jiu-jitsu (Paid class) Studio AB Patrick R 3pm-4pm	Zumba® Studio AB Cathy/Patricia Rotation 3pm-4pm
4PM	Yoga for Mobility Studio E Julie R 4pm - 5pm	Kids Bodyweight Bootcamp Studio C Cecy 4:15pm-4:45pm				Brazilian Jiu-jitsu (Paid class) Studio AB Patrick R 4pm-6pm	
		WERQ® Studio AB Shana 4pm-4:50pm		WERQ® Studio AB Vicky S 4pm-4:50pm			
5PM		Reserved for Special Programming Studio E Instructor 5pm-7:30pm		PiYo® Studio E Heather C 5pm-5:50pm	Cycle Barbell Fusion Studio D/C Cariann T 5pm-6pm		
	Zumba® Studio AB Patricia C 5pm-5:50pm	TRX®/Strength Studio D Cecy D 5pm-5:50pm	MixedFit®/ Zumba® Studio C Rosi H 5pm-5:50pm	TBC Studio AB Cathy G 5pm-5:50pm			
	Preschool Dance Studio E Jaime B 5:15pm-5:45pm		Strength Xpress Studio AB Vicky S 5:15pm-5:45pm	TRX®/Strength Studio D Cecy D 5pm-5:50pm			
	Strength Xpress Studio C Rosi H 5:15pm-5:45pm	TBC Studio AB Cathy G 5pm-5:50pm	Yoga Studio E Kya 5:30pm-6:30pm	Zumba® Gold-Toning Studio C Becky R 5:30pm-6:20pm			

Please note all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting and exercise program.



VALPARAISO FAMILY YMCA

GROUP EX SCHEDULE

WINTER 2024

1201 Cumberland Crossing Dr
Valparaiso, IN 46383
219.462.4185

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6PM	Pilates Reformer Level 1 (Paid Class) Studio F Reese R 5:45pm - 6:30pm	Zumba® Gold-Toning Studio C Becky R 5:30pm-6:20pm	Cycle with Strength Studio D Cariann T 5:30pm-6:30pm	Pilates Reformer Level 1 (Paid Class) Studio F Reese R 5:45pm - 6:30pm			
		PiYo® Studio E Heather C 5pm - 5:50pm	Advanced Pilates Reformer (Paid Class) Studio F Robyn J 5pm - 5:45pm	Reserved for Special Programming Studio E Instructor 5pm-7:30pm			
	Cycle with Strength Studio D Diane A 6pm-7pm	Tae Kwon Do (Paid Class) Studio AB José R 6pm-7pm	WERQ® Studio AB Vicky S 6pm-6:50pm	Tae Kwon Do (Paid Class) José R 6pm-7pm			
	Pound® Studio C Jaime B 6pm - 6:50pm						
7PM	Pliates Matwork Studio E Claudia M 6pm-6:50pm						
			Sports performance for Young Athletes (Paid Class) Studio C Certified Trainer 6pm-6:50pm				
	Brazilian Jiu-jitsu (Paid class) Studio AB Patrick R 7pm-8:30pm	Tae Kwon Do (Paid Class) Studio AB José R 7pm-8pm	Brazilian Jiu-jitsu (Paid class) Studio AB Patrick R 7pm-8:30pm	Tae Kwon Do (Paid Class) Studio AB José R 7pm-8pm			
			Vinyasa Yoga Studio E Julie R 7pm - 7:50pm	Pilates Reformer Level 1 (Paid Class) Studio F Laura I 7:15pm - 8pm			
8PM		Brazilian Jiu-jitsu (Paid class) Studio AB Patrick R 8pm-9:30pm		Brazilian Jiu-jitsu (Paid class) Studio AB Patrick R 8pm-9:30pm			

Please note all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting and exercise program.



CLASS DESCRIPTIONS

VALPARAISO FAMILY YMCA

* Valpo Y Members can book spots in the app

Advanced Pilates Reformer (paid class) – Build upon the classical Pilates exercises to work toward more challenging movements. Previous Pilates Reformer experience required.

Barre* – Workout class combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training.

Beginner Dance Fitness* – Dance fitness at a slower pace, great for beginners or active older adults.

Beginner Yoga* – 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* – 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 openmat (practice) for all class participants. Saturdays 4:00–6:00 pm.

Circuit* – 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 Barbell Fusion* – Small group cycling class with strength using the barbell incorporating exercises such as the deadlift, clean, squat, and more.

Cycle with Strength* – Group cycling with some strength and conditioning.

Cycle/Tabata Fusion* – Group cycle class incorporating short, high intensity interval training using the Tabata method, classes are offered at multi-level and intermediate/advanced levels.

Cycle/TRX® Fusion* – Group cycle class incorporating intervals of strength training using the TRX® suspension trainers.

Dance Fitness Party* – 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®* – A dance fitness class featuring pop, latin, rock and hip hop music.

Deep Water Fitness* – Great full body, low impact, strength & cardio fitness class. Uses buoyancy and resistance effects of the deep end of the pool. Some swimming skills and comfort in deep water required. If you are a weak or non-swimmer, please let the instructor know.

Deep Water Running* – Fun, non-impact form of running in place in the water wearing a flotation belt. If you are a weak or non-swimmer, please let the instructor know.

Fitness Drumming* – Use light weight drumsticks and pound to beat for an energizing, cardiovascular workout. Class is easily modifiable for all workout levels.

Fitness Yoga – YogaFit is a modern fitness yoga that intertwines fitness moves with basic modern postures with flowing sequences and relaxing stretches. It allows for a full range of fitness levels, age groups and medical conditions while still maintaining the essence of the practice.

Group Cycle* – Indoor cycling at varying pace and intensity, classes are offered at multi-level and intermediate/advanced levels.

HIIT and Run* – High intensity interval training on treadmills and with free weights. Meets in the Wellness Center.

Kettlebell/TRX® Fusion* – 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 Age 4–7* – A 30-minute full body workout incorporating kid-friendly exercises to get kids moving. Ages 4–7 welcome.

Kids Bodyweight Bootcamp Age 8–12* – A 30-minute full body workout incorporating kid-friendly exercises to get kids moving. Ages 8–12 welcome.

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®* – 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* – 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.



CLASS DESCRIPTIONS

VALPARAISO FAMILY YMCA

* Valpo Y Members can book spots in the app

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® – 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® – Use light weight drumsticks and pound to beat for an energizing, cardiovascular workout. Class is easily modifiable for all workout levels.

Preschool Dance Fusion* – Preschoolers will learn Ballet and Jazz in a fun and imaginative way. Ballet shoes recommended.

R.I.P.E.D. for Beginners* – 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) – 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* – Have fun and move to the music through exercises designed to increase strength, range of motion and activities for daily living.

SilverSneakers® Stability* – 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* – 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.

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* – Cardio on the Step including muscle sculpting with weights and/or matwork.

Strength Training* – Total body strength training using weights, bands, stability balls, gliders and/or matwork.

Strength Xpress* – Total body strength training using weights, bands, stability balls gliders and/or matwork. 30 minute class, great for beginners!

Stretch, Flex & Balance* – A class focused on improving stability and flexibility with balance work and stretching.

Tae Kwon Do (paid class) – Increase self-confidence and self-esteem through Tae Kwon Do, the Korean 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* – 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® Xpress* – TRX® suspension training uses body weight exercise to develop strength, balance, flexibility and core stability simultaneously.

TRX®/Barbell Fusion* – This small group class will focus on strength training using both TRX® suspension trainers and barbells.

TRX®/Strength* – 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 – A dynamic and flowing style of hatha yoga which links breath and movement through a creative series of postures that balance strength and flexibility while cultivating mindfulness through a continuous flow.

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®* – A dance fitness class based on pop, rock and hip hop music.



CLASS DESCRIPTIONS

VALPARAISO FAMILY YMCA

* Valpo Y Members can book spots in the app

Yin Yoga* – 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* – 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 Mobility – a low-impact exercise option for loosening tight hips, reducing muscle tension, and improving range of motion.

Yoga Xpress*– 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® * – 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* – 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® Kids Age 8-12* – For ages 8-12. 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.

Zumba® Kids Jr. Age 4-7* – For ages 4-7. 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.