



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

HEART OF THE VALLEY YMCA

June 12 - August 27, 2017 (Summer session)

MONDAY	TUESDAY	WEDNESDAY
Early Morning Classes	Early Morning Classes	Early Morning Classes
5:10-5:55 AM Transform - HLS 5:15-6:00 AM Group Cycling- Cycling Studio 5:15-6:15 AM Total Body Bootcamp-Outside 5:45-6:30 AM H2O Fusion - Pool	5:10-5:55 AM Axis - Aerobic Studio 5:15-6:15 AM Max Intervals-VH Gym 6:15-6:45 AM Kettlebell-Healthy Living Studio 6:30-7:15 AM H2O Strength & Stretch-Pool 7:00-7:45 AM Awakening Yoga - HLS	5:15-6:00 AM Group Cycling-Cycling Studio 5:15-6:00 AM Step Interval - Aerobic Studio 5:45-6:30 AM H2O Fusion-Pool 6:45-7:15 AM Hoop Fitness-Van Hoof Gym
Mid Morning Classes	Mid Morning Classes	Mid Morning Classes
8:05-8:45 AM H2O Fusion-Pool 8:00-8:45 AM Strength and Resistance-AS 9:00-9:45 AM Core - Martial Arts Studio 9:00-9:45 AM Group Cycling - Cycling Studio 9:00-9:40 AM Deep Water Exercise-Pool 9:00-9:45 AM BollyX-Aerobic Studio 9:00-9:50 AM Slow Flow Yoga-HLS 9:00-10:00 AM Total Body Bootcamp-Outside 10:00-10:30 AM Cycle Lite - Cycling Studio 10:00-11:00 AM Zumba - Aerobic Studio 10:30-11:30 AM Chair Yoga - HLS	8:00-8:45 AM Simply Fit- Aerobic Studio 8:00-8:45 AM Silver Sneakers Classic-MAS 8:05-8:45 AM Simply Fit H2O-Pool 9:00-9:45 AM Group Cycling-Cycling Studio 9:00-9:45 AM Silver Sneakers Classic-MAS 9:00-9:45 AM Beg Pilates/Yoga Fusion-HLS 9:00-10:00 AM Zumba-Aerobic Studio 9:00-10:00 AM Cross-Training Circuit-Outside 10:15-11:00 AM Strength & Resistance-AS	8:00-8:45 AM Gentle Stretch-Martial Arts Studio 8:00-8:45 AM Transform - Dance Studio 8:00-8:45 AM Power Vinyasa Yoga-HLS 8:05-8:45 AM H2O Fusion-Pool 8:00-8:45 AM Strength and Resistance-AS 9:00-9:45 AM TABATA Cardio-Outside 9:00-9:40 AM Deep Water Exercise-Pool 9:00-9:45 AM Step-Aerobic Studio 9:00-9:45 AM Group Cycling-Cycling Studio 9:00-9:50 AM Slow Flow Yoga-HLS 10:00-10:45 AM Zumba-Aerobic Studio 11:15-12:15 AM Chair Yoga - HLS
Lunch Hour Classes	Lunch Hour Classes	Lunch Hour Classes
12:05-12:50 PM Group Cycling-Cycling Studio 12:05-12:50 PM Step - (FOD) Aerobic Studio		12:05-12:50 PM Group Cycling-Cycling Studio 12:05-12:50 PM Step - (FOD) Aerobic Studio
Evening Classes	Evening Classes	Evening Classes
4:15-5:00 PM Kettlebell-Health Living Studio 5:30-6:15 PM Zumba - Aerobic Studio 6:00-6:45 PM Group Cycling-Cycling Studio 6:30-7:30 PM Strength and Resistance-AS	5:20-6:20 PM Zumba-Aerobic Studio 5:30-6:15 PM Pilates-Healthy Living Studio 6:30-7:30 PM Fresh Air Yoga-Outside 6:30-7:30 PM Step Combo-Aerobic Studio 7:30-8:15 PM H2O Fusion-Pool 7:45-8:45 PM Meditative Yoga-HLS (summer 1 only)	5:15-6:15 PM TABATA Cardio - Aerobic Studio 6:45-7:30 PM Cardio Funk - Aerobic Studio
*SEE REVERSE SIDE FOR THURSDAY THROUGH SUNDAY SCHEDULE		

THURSDAY	FRIDAY	SATURDAY
Early Morning Classes	Early Morning Classes	Early Morning Classes
5:10-5:55 AM Core/Strength/Core-VH Gym 5:10-6:00 AM Power Vinyasa Yoga - HLS 5:15-6:15 AM BOSU Cardio/Conditioning-AS 6:30-7:15 AM H2O Strength & Stretch-Pool 7:00-7:45 AM Awakening Yoga - HLS	5:15-6:00 AM Cycle 360-Cycling Studio 5:15-6:15 AM Total Body Bootcamp-Outside 5:45-6:30 AM H2O Fusion-Pool	6:30-7:30 AM Total Body Bootcamp-Outside 6:30-7:30 AM TABATA Cardio-Core-Aerobic Studio
Mid Morning Classes	Mid Morning Classes	Mid Morning Classes
8:00-8:45 AM Simply Fit - Aerobic Studio 8:00-8:45 AM Silver Sneakers Classic-MAS 8:05-8:45 AM Simply Fit H2O-Pool 9:00-9:45 AM Group Cycling-Cycling Studio 9:00-9:45 AM Silver Sneakers Classic-MAS 9:00-9:45 AM Beg Pilates/Yoga Fusion-HLS 9:00-10:00 AM Zumba Toning-Aerobic Studio 9:00-10:00 AM Bootcamp 101-Outside 10:10-10:55 AM Foam Roller - HLS 10:15-11:00 AM Strength & Resistance-AS 	8:00-8:45 AM Strength and Resistance-AS 9:00-9:45 AM Gentle Stretch-MAS 9:00-9:45 AM Group Cycling-Cycling Studio 9:00-9:50 AM BollyX-Aerobic Studio 9:00-10:00 AM Power Vinyasa Yoga-HLS 9:00-10:00 AM Max Intervals-Outside 10:00-10:30 AM Cycle Lite Express-Cycling Studio 10:00-11:00 AM Zumba-Aerobic Studio 10:30-11:30 AM Chair Yoga-HLS	8:00-8:45 AM Sampler Saturday-Aerobic Studio 9:00-9:45 AM Strength & Resistance-AS 9:00-10:00 AM Hatha Yoga-Healthy Living Studio
Lunch Hour Classes	Lunch Hour Classes	SUNDAY
	12:05-12:50 PM Group Cycling-Cycling Studio	Mid Morning Classes
Evening Classes		9:30-10:30 AM Zumba-Aerobic Studio
5:30-6:15 PM Pilates-Healthy Living Studio 6:30-7:30 PM Fresh Air Yoga-Outside 7:30-8:15 PM H2O Fusion-Pool 7:45-8:45 PM Meditative Yoga-HLS (summer 1 only)		

Fitness Key

- These classes regularly reach our full room capacity. Please pick up a ticket at our scanner desk up to 30 minutes before class.

FOD - Fitness On Demand

Class Guidelines

If less than 3 people show up for a class, the instructor may not teach class that day.

If less than 5 people show up for a class for two consecutive weeks, class may be cancelled for the remainder of the session.

If less than 5 people show up for a class for two consecutive weeks, class may be cancelled for the remainder of the session.

Room Key

AS = Aerobic Studio

HLS = Healthy Living Studio

MAS = Martial Arts Studio

VH Gym = Van Hoof Gym



This schedule is subject to change. Please watch our website/APP for updates.

SUBJECT TO CHANGE!! as of 6/12/2017