



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

HEART OF THE VALLEY YMCA

January 2 - February 25, 2018 (Winter session 1)

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 Bootcamp-Endries Gym 5:45-6:15 AM Hoop Fitness-Van Hoof Gym 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 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 5:45-6:15 AM H2O Fusion-Pool
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 Simply Fit-Van Hoof Gym 9:00-9:45 AM Group Cycling - Cycling Studio 9:00-9:45 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 Bootcamp-Endries Gym 10:00-10:30 AM Cycle Lite - Cycling Studio 10:00-11:00 AM Zumba - Aerobic Studio 10:00-11:00 AM Chair Yoga - HLS 11:15 AM-12:15 PM 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 Aqua Zumba-Pool 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-Endries Gym 9:00-10:00 AM Barre Above™ - Dance Studio 10:00-10:45 AM Foam Roller - HLS 10:15-11:00 AM Strength & Resistance-AS	8:00-8:45 AM Simply Stretch-Martial Arts Studio 8:05-8:45 AM H2O Fusion-Pool 8:00-8:45 AM Strength and Resistance-AS 9:00-9:45 AM TABATA Cardio-Endries Gym 9:00-9:45 AM Core - Martial Arts Studio 9:00-9:45 AM Deep Water Exercise-Pool 9:00-9:45 AM Step-Aerobic Studio 9:00-9:45 AM Simply Fit-Van Hoof Gym 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 10:00-11:00 AM Power Vinyasa Yoga-HLS 10:20-11:00 AM No Equipment Endurance-DS 11:15 AM-12:1 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 Transform - (FOD) Aerobic Studio	12:15-1:00 PM Tai Chi - Healthy Living Studio	12:05-12:50 PM Group Cycling-Cycling Studio 12:05-12:50 PM Transform - (FOD) Aerobic Studio
Evening Classes	Evening Classes	Evening Classes
4:15-5:15 PM Zumba-Aerobic Studio 4:30-5:15 PM Kettlebell-Health Living Studio 5:00-6:00 PM Pregnant & Fit - track area 5:30-6:15 PM Max Intervals - AS 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 5:30-6:30 PM Cycle 360 - Cycling Studio 6:30-7:30 PM Hatha Yoga-Healthy Living Studio 6:30-7:30 PM Step Combo-Aerobic Studio 7:45-8:45 PM Meditative Yoga-HLS 8:35-9:25 PM H2O Fusion-Pool	4:15-5:05 PM BollyX - Aerobic Studio 5:15-6:15 PM TABATA Cardio - Aerobic Studio 6:00-6:45 PM Group Cycling- Cycling Studio 6:30-7:30 PM Strength and Resistance-AS 6:45-7:30 PM Cardio Funk - Healthy Living 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 5:15-6:15 AM BOSU Cardio/Conditioning-AS 5:45-6:15 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 Bootcamp-Endries Gym 5:45-6:30 AM H2O Fusion-Pool	6:15-7:30 AM TABATA Cardio/Core - AS 6:30-7:30 AM Bootcamp-Endries Gym 6:45-7:30 AM H2O Exercise-Pool 7:00-8:30 AM Group Cycling - Cycling 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 9:00-9:45 AM Aqua Zumba-Pool 9:00-10:00 AM Zumba Toning-Aerobic Studio 10:15-11:00 AM Sculpt Yoga-AS	8:00-8:45 AM Strength and Resistance-AS 9:00-9:45 AM Simply Stretch-MAS 9:00-9:45 AM Group Cycling-Cycling Studio 9:00-9:45 AM Deep Water Exercise-Pool 9:00-9:50 AM BollyX-Aerobic Studio 9:00-10:00 AM Max Intervals-Endries Gym 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 12:05-1:05 PM BollyX-Aerobic Studio 12:15-1:00 PM Tai Chi - Healthy Living Studio	Mid Morning Classes 9:30-10:30 AM Zumba-Aerobic Studio
Evening Classes		
4:15-5:00 PM Transform - HLS 5:20-6:20 PM Zumba-Aerobic Studio 5:30-6:15 PM Pilates-Healthy Living Studio 5:30-6:30 PM Bike + Barre Fusion-Cycling Studio 6:30-7:00 PM Family Cardio Funk - AS 6:30-7:30 PM Hatha Yoga-HLS 7:45-8:45 PM Meditative Yoga-HLS 8:35-9:25 PM H2O Fusion-Pool		

Fitness Key

\$ - These classes require an extra fee to participate in classes.

- 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.

Room Key

AS = Aerobic Studio

DS = Dance Studio

HLS = Healthy Living Studio

MAS = Martial Arts Studio

VH Gym = Van Hoof Gym

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

SUBJECT TO CHANGE!! as of 1/4/2018