

INDIAN VALLEY FAMILY YMCA

RPM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 AM Hour		Body Pump* 5:45-6:45 AB		Butts 'n Guts 6:00-6:45 AB			
6 AM Hour							
8 AM Hour		Body Pump* 8:30-9:30 A		Body Pump* 8:30-9:30 A		Body Pump* 8:00-9:00 AB	
9 AM Hour	Step Interval 9:10-10:10 AB	Butt's and Guts 8:45-9:30 B	Body Shaping 9:00-10:00 A	Butt's and Guts 8:45-9:30 B	Step Interval 9:10-10:10 AB	Kickboxing 9:15-10:15 AB	
		Kickboxing 9:30-10:30 AB	Fit Over 50 9:00-9:45 B	Fast n Furious 9:30-10:30 AB			
10 AM Hour	Body Pump* 10:15-11:15 AB		Body Pump* 10:00-11:00 AB	Pilates Stretch 10:30-11:15 AB	Body Pump* 10:15-11:15 AB	Pilates 10:30-11:15 AB	
Mid Afternoon 12:00-4:00 PM	Tai-Chi 12:00-12:45 AB	Weight Watchers 12:00 AB		Beading Club 1:00-3:00 AB		Family Yoga 11:30-12:30 AB	Intro to Body Pump* 12:00-12:30 Mar. 1 ONLY AB Body* Pump 12:30-1:30 A/B
5 PM Hour	Body Shaping 5:15-6:15 A	Step Interval 5:00-6:00 AB	Body Shaping AB 5:30-6:30	Butts 'n Guts 5:00-5:45 AB			
6 PM Hour	Zumba 6:15-7:00 AB				Body Pump* 6:00-7:00 AB	Kickboxing 6:30-7:30 AB	Body Pump* 6:00-7:00 AB
7 PM Hour	Pilates 7:15-8:00 AB	Body Attack * 7:00-8:00 A/B	Pilates 7:45-8:30 A	Bo-Tae 7:00-8:00 AB			
8 PM Hour	Butts ' Guts 8:00-8:45 AB	Belly Dancing 8:00-9:00 Beg./Int. AB	Gentle Yoga 7:30-8:15 B				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 AM Hour		RPM* 5:30-6:15		RPM* 5:30-6:15		
6 AM Hour	RPM* 6:00-6:45		RPM* 6:00-6:45		RPM* 6:00-6:45	
9 AM Hour	RPM* 9:00-9:45	RPM* 9:00-9:45		RPM* 9:00-9:45	RPM* 9:00-9:45	RPM* 9:00-9:45
10 AM Hour				Mom n Me Yoga 10-10:45 Pre Natal Yoga 10:45-11:30		
6 PM Hour	RPM* 6:00-6:45 CYCLE 101 7:00-7:30 PM	RPM* 6:00-6:45 PM	Pre Natal Yoga 5:45-6:30	RPM* 6:00-6:45		
8 PM Hour	RPM* 8:00-8:45		RPM* 8:00-8:45			

Dance Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 AM Hour	Healthy Abs and Back 8:30-9:15		Healthy Abs and Back 8:30-9:15		Healthy Abs and Back 8:30-9:15		
9 AM Hour	Zumba 9:15-10:00	Mat Pilates 9:30-10:15	Step Interval 9:30-10:30	Cardio Salsa 9:30-10:15	Body Flow* 9:30-10:30		
10 AM Hour	Fit over 50 10:30-11:15	Body Shape 10:30-11:15	Fitness Yoga Level 2 10:30-11:30	Fitness Yoga Level 2 10:30-11:30	Fitness Yoga Level 1 10:30-11:30	Step Interval 10:00-11:00	
11 AM Hour	Gentle Yoga 11:30-12:30	Gentle Yoga 11:30-12:30		Gentle Yoga 11:30-12:30pm		Fitness Yoga Level 2 11:30-12:45	
Mid Afternoon	Silver Sneakers Cardio Circuit 3:30-4:15	Silver Sneakers MSROM 1:15-2:00	Silver Sneakers Cardio Circuit 3:30-4:15	Silver Sneakers MSROM 1:15-2:00			Fitness Yoga Level 1 12:30-1:30
4 PM Hour							
5 PM Hour	Gentle Yoga 5:30-6:15						Ball Room Dancing 5:00-7:00
6 PM Hour	Kickboxing 6:30-7:30		Family Yoga 6:45-7:30	Zumba 6:00-6:45			
7 PM Hour	Fitness Yoga Level 2 7:30-8:45	Body Flow 7:15-8:15	Fitness Yoga 7:30-8:30	Body Flow 7:15-8:15			
8 PM Hour							