



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VALLEY POINTS FAMILY YMCA

Winter-Spring 2017

January 9—June 3

Group Exercise & Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Sunrise Cycling 6:00am		Sunrise Cycling 6:00am		Yoga 7:30am
Group Cycling 9:00am	Step N' Strength 9:00am	Group Cycling 9:00am	Step N' Strength 9:00am	1 Hour Cycling 9:00am	Group Cycling 8:00am
Monday Mix 9:00am	Group Cycling 9:00am	Flow Yoga 9:00am	Group Cycling 9:00am	Flow Yoga 9:00am	TRX 8:30am
SS Cardio 11:00am	Tai Chi for Beginners 10:30am		Tai Chi for Energy 11:00am	SS Circuit 11:00am	Group Cycling 9:00am
SS Classic Noon	Tai Chi for Wellness 11:00am	Moving for Better Balance 11:00am	SS Yoga Noon	SS Classic Noon	Turbo Kick 9:30am
Flow Yoga 5:30pm	SS Yoga Noon	SS Classic Noon			
Group Cycling 6:00pm	PiYo! 5:30pm	Flow Yoga 5:30pm	H.I.I.T. 6:00pm		
TRX Express 6:30pm	Group Cycling 6:00pm	Group Cycling 6:00pm	Group Cycling 6:00pm		
Full Body Blast 7:00pm	Cardio Kickbox 6:30pm	Full Body Blast 6:45pm			
Group Cycling 7:00pm	Group Cycling 7:00pm	Group Cycling 7:00pm	Group Cycling 7:00pm		* fee-based program

NEW KENSINGTON

KISKI VALLEY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mixed Cycle 6:00am		Mixed Cycle 6:00am		Mixed Cycle 6:00am	
SS Circuit 8:00am	SS Cardio 8:00am	SS Circuit 8:00am		SS Cardio 8:00am	Yoga 8:00am
SS Classic 9:00am		SS Classic 9:00am		SS Classic 9:00am	
Mixed Cycle 9:15am	Hooping 9:30am	Cycle 9:15am	Hooping 9:30am	Beat Cycle 9:15am	Cycle 9:15am
PiYo! 10:15am	SS Yoga 10:30am	Moving for Better Balance 10:15am	SS Yoga 10:30am	PiYo! 10:15am	
Pickle Ball 1:30pm	Yoga Noon			Pickle Ball 1:30pm	
Zumba 6:00pm	½ Hour Power 5:30pm	Yoga 6:15pm	Body Weight Training 5:30pm		
Insanity 6:30pm	Cycle 6:15pm	Shake It Dance Fitness 6:15pm	Mixed Cycle 6:15pm		

Classes vary in length from 30-75 minutes; please check with the instructor for ending times. These schedules are subject to change due to seasonal additions and/or deletions. Please check with the Welcome Center for updated monthly schedules.