



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Nishna Valley Family YMCA

## Group Exercise & Adult Pick-Up Sport Schedule



**Effective Jan 1st 2023**

Classes highlighted in yellow are YMCA360 In Studio video-based classes that are broadcasted on the TV in the back left gym. Open to members ages 3rd grade and older. Reference the YMCA360 schedule for more info.

**GROUP EXERCISE PHILOSOPHY:** All of our classes can be modified to fit all abilities and fitness levels. All you have to do is let us know. Youth ages 3rd grade and older may attend group exercise classes with a parent or guardian.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Balance and Flex</b> 5:30am-6:30am Scott		<b>Balance and Flex</b> 5:30am-6:30am Scott		
<b>Cardio Cycling</b> 5:45am - 6:45am Jon	<b>YMCA360 Muscle Pump</b> 6:00am-6:45am YMCA360 In Studio	<b>Cardio Cycling</b> 5:45am - 6:45am Jon	<b>YMCA360 Muscle Pump</b> 6:00am-6:45am YMCA360 In Studio	<b>Cardio Cycling</b> 5:45am - 6:45am Jon
<b>Aqua Fusion</b> 8:15am-9:00am April	<b>Aqua Fusion</b> 8:15am-9:00am April	<b>Aqua Fusion</b> 8:15am-9:00am April	<b>Aqua Fusion</b> 8:15am-9:00am April	<b>Aqua Dance</b> 8:15am-9:00am Michella
<b>Total Body Conditioning</b> 8:30am - 9:15am Kim	<b>Cardiac Rehab</b> 8:00-10:30 am Tierney	<b>Total Body Conditioning</b> 8:30am - 9:15am Kim	<b>Cardiac Rehab</b> 8:00-10:30 am Tierney	<b>Total Body Conditioning</b> 8:30 - 9:15am Kim
<b>Balance and Flex</b> 8:30am-9:30am Scott	<b>Yoga</b> 9:15-10:15 Kelly	<b>Balance and Flex</b> 8:30am-9:30am Scott	<b>Yoga</b> 9:15-10:15 Kelly	<b>YMCA360 Pilates</b> 10:15am-10:45am YMCA360 In Studio
<b>Water Arthritis</b> 9:30am-10:15am April	<b>Water Arthritis</b> 9:30am-10:15am April		<b>Water Arthritis</b> 9:30am-10:15am April	
<b>Silver Sneakers</b> 10:00am-10:45am Michella		<b>Silver Sneakers</b> 10:00am-10:45am Allison		<b>Silver Sneakers</b> 10:00am-10:45am Michella
<b>Pick-Up Basketball</b> 12:00pm - 1:00pm	<b>Pick-Up Pickleball</b> 1:00pm - 3:00pm	<b>Pick-Up Basketball</b> 12:00pm - 1:00pm	<b>Pick-Up Pickleball</b> 1:00pm - 3:00pm	<b>Pick-Up Basketball</b> 12:00pm - 1:00pm
	<b>YMCA360 Cardio Cycle</b> 5:30-6:15pm YMCA360 In Studio		<b>YMCA360 Cardio Cycle</b> 5:30-6:15pm YMCA360 In Studio	
<b>Total Body Conditioning</b> 5:30pm - 6:15pm Angela	<b>Balance and Flex</b> 5:30pm-6:30pm Scott	<b>Total Body Conditioning</b> 5:30pm - 6:15pm Angela	<b>Balance and Flex</b> 5:30pm-6:30pm Scott	
	<b>Pick-Up Racquetball</b> 5:30pm - 6:30pm			
<b>Pick-Up Pickleball</b> 6:30pm - 7:45pm			<b>Pick-Up Pickleball</b> 6:30pm - 7:45pm	
				<b>Saturday</b>  <b>Total Body Conditioning</b> 9:00-9:45am Angela

