



LIVESTREAM GROUP EXERCISE SCHEDULE YMCA OF GREATER INDIANAPOLIS

Exercising three times a week will improve your overall health.
Our schedules are designed to make your health our priority.

In most cases, class intensity can be adjusted for beginner through advanced needs.
Your instructor will share modification options.

We offer a select number of livestream classes each week.
Interact with our staff from the comfort of your home (or anywhere).
Classes are broadcast on the member-only site at <https://indyvirtual.y.org>,
available to log in from any computer, laptop or mobile device.

MON

TUE

WED

THUR

FRI

AM

9:30-10:30am
Les Mills BodyPump™
Rahawne

9:30-10:30am
Les Mills BodyPump™
Rahawne

NOON

12:00-12:30pm
Chair Yoga
Marcia

PM

4:15-4:45pm
Les Mills BodyAttack™
Michelle

4:15-4:45pm
Les Mills BodyAttack™
Michelle

CLASS COLOR CODE:

CARDIO

DANCE

STRENGTH

**AOA (Active
Older Adults)**

MIND/BODY