



JORDAN YMCA Health Seeker/AOA/Silver Sneakers®

MPR I = Multipurpose Room I MPR II = Multipurpose Room II
UP = Up Studio - **Reservations Required**

Indicates Mask Required to take the class

MON	TUE	WED	THURS	FRI	SAT
	8:00-9:00AM Stretch & flex MPR I- Angie	8:15 - 9:15AM Intro to Yoga (+) MRP I- Monica	8:00-9:00AM Stretch & flex MPR I- Angie		7:30-8:30am Les Mills BodyFlow™ UP-Virtual Mask Required
8:00-8:30AM Les Mills RPM™ CS - Beginner Virtual	9:00-10:00AM Aqua Zumba Indoor Pool-Ali	8:00-8:30AM Les Mills RPM™ CS - Beginner Virtual		8:00-8:30AM Les Mills RPM™ CS - Beginner Virtual	
		10:45-11:45PM Chair Yoga MPR I - Marcia			10:00-11:00am Zumba® MRP I - Sharon
11:00 - 12:00 PM T.E.A.M. Active Living	9:00-9:30AM Les Mills RPM™ CS - Beginner Virtual	11:00 - 12:00 PM T.E.A.M. Active Living	9:00-9:30AM Les Mills RPM™ CS - Beginner Virtual		11:15-12:00 PM Pilates (+) UP- Victoria
	11:00 - 12:00 PM T.E.A.M. Aqua	12:00-1:00 PM LIFE Strength UP- Jennifer	11:00 - 12:00 PM T.E.A.M. Aqua		3:00-3:30PM Les Mills RPM™ CS - Beginner Virtual
11:45-12:45AM Silver Sneakers® Circuit MPR I- Mary Anne	11:45-12:45 PM Beginner Tai Chi (+) MPR I- Mary Anne	1:00-2:00PM Aqua Zumba Indoor Pool-Ali	11:45-12:45pm Silver Sneakers Circuit MPR I- Mary Anna		
12:00-12:45PM Zumba UP- Sharon Mask Suggested	12:00-12:45 PM Cardio Dance UP- Trudy	1:00-2:00 PM (P) Silver Sneakers® Classic UP- Jennifer	12:00-12:45PM Cardio Dance UP- Trudy	12:00-12:45PM Beginner Dance UP- Mary Anna	
	1:00-2:00 PM Silver Sneakers® Circuit MPR I- Trudy Mask Required	2:15-2:45PM Les Mills BodyFlow™ UP-Virtual- Mask	1:00-2:00 PM Silver Sneakers® Circuit MPR I- Trudy Mask Required	1:00-2:00PM Arthritis Aqua Therapy Indoor Pool	
	1:00-2:00 PM Balance and Flexibility UP- Mary Anne	3:00-3:30PM Les Mills RPM™ CS - Beginner Virtual	1:00-2:00 PM Balance and Flexibility MPR II- Mary Anne	1:00-2:00 PM Silver Sneakers® Classic MPR I - Mary Anne-Mask	
		3:30-4:00PM Les Mills BodyPump™ UP - Beginner/Virtual		2:15-3:15PM Silver Sneakers® Circuit MPR I - Mary Anna	
3:00-3:30PM Les Mills RPM™ CS - Beginner Virtual	3:30-4:00PM Les Mills BodyFlow™ UP-Beginner/Virtual	4:30-5:15PM SH'Bam UP - Virtual	3:30-4:00PM Les Mills BodyFlow™ UP-Beginner/Virtual	3:00-3:30PM Les Mills RPM™ CS - Beginner Virtual	
3:30-4:00PM Les Mills BodyPump™ UP - Beginner/Virtual	4:30-5:00PM SH'Bam UP - Beginner Virtual		4:30-5:00PM SH'Bam UP - Beginner Virtual	3:30-4:00PM Les Mills BodyPump™ UP - Beginner/Virtual	

JORDAN YMCA SPECIALITY PROGRAMS

Pilates Reformer 3 participants per a class; by appointment

Please note the paid class schedule is subject to change based upon enrollment. **Preregistration and payment required.** To try out your first class for free., contact jperry@indymca.org

MON	TUE	WED
6:30-7:30am Pilates Reformer (\$) RS - Debbie	9:15-10:15am Pilates Reformer (\$) RS -Anne	9:00-10:00am Pilates Reformer (\$) RS -Trudy
6:00-7:00pm Pilates Reformer (\$) RS - Lisa	10:30-11:30am Pilates Reformer (\$) RS -Trudy	7:00-7:50pm Pilates Reformer (\$) RS - Lisa
THURS	5:30-6:30pm Pilates Reformer (\$) RS - Trudy	FRI
10:45-11:45am Reformer (\$) RS - Anne		9:15-10:15am Pilates Reformer (\$) RS -Anne
		10:45-11:45am Reformer (\$) RS - Lisa

CLASS COLOR CODE:

MIND/BODY	CYCLE
ACTIVE OLDER ADULTS	CARDIO
STRENGTH	DANCE

ROOM LOCATIONS:
UP - Up Studio MPR I & II- Multipurpose Rooms
CS - Cycle Studio RS- Reformers Studio