



JORDAN YMCA GROUP EXERCISE SCHEDULE (Jan)

Exercising three (3) times a week will improve your overall health. **Please note that this schedule is subject to change.** Please refer to the website and schedules posted outside of the group exercise rooms for the most up to date information. **Reservations Required search APP "YMCA of Greater Indianapolis".**

 Indicates Mask Required to take the class

MON	TUE	WED	THURS	FRI	SAT
PLAY & LEARN HRS: 8am-12pm, 4-8pm	PLAY & LEARN HRS: 8am-12pm, 4-8pm	PLAY & LEARN HRS: 8am-12pm, 4-8pm	PLAY & LEARN HRS: 8am-12pm, 4-8pm	PLAY & LEARN HRS: 8am-12pm	PLAY & LEARN HRS: 8am-12pm
5:30-6:15AM Les Mills BodyFlow™ UP- Virtual	5:30-6:30 AM Les Mills BodyPump™ Up-Virtual	5:30-6:15AM Les Mills BodyFlow™ UP- Virtual	5:30-6:30 AM Les Mills BodyPump™ Up-Virtual	5:30-6:15AM Les Mills RPM™ CS - Virtual	7:30-8:30am Les Mills BodyFlow™ UP-Virtual-Mask Required 
5:30-6:15 AM Les Mills RPM™ CS-Virtual	6:45-7:15 AM Les Mills Grit™ UP- Virtual	6:45-7:45AM Les Mills BodyPump™ Up-Virtual	6:45-7:15 AM Les Mills Grit™ UP- Virtual	6:45-7:45AM Les Mills BodyFlow™ UP- Virtual	8:00-8:50AM Les Mills RPM™ CS - Becky
6:45-7:45AM Les Mills BodyPump™ Up-Virtual	8:00-8:50AM Les Mills RPM™ CS - Virtual	8:15- 9:15AM Intro to Yoga (+) MRP I- Monica	8:00-8:50AM Les Mills RPM™ CS - Virtual	9:30-10:30AM Les Mills BodyPump™ UP - Melainie	9:00- 9:45AM Les Mills BodyAttack™ UP- Clinton
8:45-9:15am Les Mills Sprint™ CS - Virtual	8:15-9:00AM SH'Bam UP - Virtual	9:30-10:30 AM PiYo™ MPR I /Gym- Jody	8:15-9:00AM SH'Bam UP - Virtual	9:30-10:30 AM PiYo™ MPR I /Gym- Jen	9:30-10:20AM Les Mills RPM™ CS - Virtual
9:30-10:30AM Les Mills BodyPump™ UP - Rachel	9:15- 10:00 AM Les Mills BodyAttack™ Up/Gym- Diana	9:30-10:30AM Les Mills BodyPump™ UP - Rachel	9:15- 10:00 AM Les Mills BodyAttack™ Up/Gym- Diana		10:00-11:00AM Les Mills BodyPump™ UP - Emily L
9:30-10:30AM Piloxing Gym- Anne	9:30-10:30 AM Power Yoga (+) MPR I - Denise/Dawn	9:30-10:15AM RPM CS - Kristyn	9:45-10:30AM Les Mills RPM™ CS - Virtual	9:30-10:15 AM Les Mills RPM™ CS-Diana	
9:30-10:15AM Les Mills RPM™ CS - Kristyn	10:45-11:45am Zumba® UP - Ali	10:45-11:45AM Les Mills BodyPump™ UP - Virtual	9:30-10:30 AM Hatha(+) MPR I - Angie	10:45-11:45AM Les Mills BodyPump™ UP - Rachel	11:15-12:00 PM Pilates (+) UP- Victoria
10:45-11:30AM Yoga/Pilates (+) MPR I- Anne	10:45AM -11:15AM Les Mills Sprint™ CS - Virtual	10:45AM -11:15AM Les Mills Sprint™ CS - Virtual	10:45AM -11:15AM Les Mills Sprint™ CS - Virtual	10:45AM -11:15AM Les Mills Sprint™ CS - Virtual	11:00-11:30am Les Mills Sprint™ CS - Virtual
10:45-11:45AM Les Mills BodyPump™ UP - Virtual	11:45 - 12:45 PM Tai Chi (+) MPR I-Mary Anne	10:45-11:45PM Chair Yoga MPR I -Marcia	12:00-12:30PM Les Mills Sprint™ CS - Virtual	12:00-12:45PM Beginner Dance UP- Mary Anna	12:30-1:30pm Les Mills BodyPump™ UP - Virtual
10:45AM -11:15AM Les Mills Sprint™ CS - Virtual	12:00-12:45 PM Cardio Dance UP- Trudy	12:00-1:00 PM LIFE Strength UP- Jennifer	12:00-12:45PM Cardio Dance UP- Trudy	1:00-1:50PM Les Mills RPM™ CS-Virtual-Mask	12:00-12:50PM Les Mills RPM™ CS-Virtual
12:00-12:45pm Zumba® UP- Sharon-Mask Required 		1:00-1:50PM Les Mills RPM™ CS-Virtual		1:30-2:30pm Les Mills BodyPump™ UP - Virtual-Mask Required 	2:00-2:50PM Les Mills RPM™ CS-Virtual
1:30-2:30pm Les Mills BodyPump™ UP - Virtual-Mask Required 	4:00-4:30PM Les Mills Sprint™ CS - Virtual	2:00-2:45AM Les Mills BodyFlow™ UP- Virtual-Mask Required 	5:00-5:50PM RPM™ CS - Virtual	5:00-6:00PM Les Mills BodyFlow™ UP-Virtual	3:00-3:30PM Les Mills RPM™ CS - Beginner Virtual
4:00-4:50PM Les Mills RPM™ CS - Lisa	5:00-5:50PM Les Mills RPM™ CS - Virtual	4:00-4:50PM Les Mills RPM™ CS - Virtual	5:45-6:45 PM Pilates (+) MPR I-Victoria	5:30-6:00PM Les Mills Sprint™ CS - Virtual	4:00-4:30PM Les Mills Sprint™ CS - Virtual
5:00-6:00PM Les Mills BodyFlow™ UP-Kathleen	5:30-6:15PM Les Mills BodyAttack™ UP- Kristina		5:30-6:15PM Les Mills BodyAttack™ UP- Clinton	6:15- 6:45 PM Les Mills Grit™ UP- Virtual	5:30-6:20 PM Les Mills RPM™ CS - Virtual
5:30-6:20 PM Les Mills RPM™ CS - Lisa	6:00-6:50PM Cycle CS-Rachel	5:45-6:30PM Les Mills BodyPump™ UP - Irina	6:00-6:50PM Cycle CS-Kate	SUN	
6:15-7:15PM Zumba® UP- Marcia	6:30-7:30PM Les Mills BodyPump™ UP - Emily L	5:30-6:15PM Les Mills RPM™ CS-Angelia	6:30-7:30PM Les Mills BodyPump™ UP - Erika	12:00-12:50PM Les Mills RPM™ CS-Erika	4:00-4:50PM Les Mills RPM™ CS - Virtual
7:00-7:30PM Les Mills Sprint™ CS-Virtual	7:00-7:50PM Les Mills RPM™ CS-Virtual		7:00-7:50PM Les Mills RPM™ CS-Virtual	1:00-2:00pm Les Mills BodyPump™ UP - Kathleen	4:30-5:15pm SH'Bam UP - Virtual
6:45-7:45PM Pilates (+) MPR I - Victoria	7:00-7:50 PM Vinyasa Yoga (+) MPR I - Angie	6:30-7:15PM Les Mills BodyFlow™ UP-Irina	7:00-7:50 PM Hatha (+) MPR I - Angie	3:00-4:00PM Les Mills BodyFlow™ UP-Virtual	5:00-5:30PM Les Mills Sprint™ CS - Virtual



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			
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 #1 MRP II- Mary Anne	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 UP- 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