



# Y+STUDIO CLASS SCHEDULE ORTHOINDY FOUNDATION YMCA

The YMCA's +Studio Membership is for people who want an all inclusive approach to their training. Small Group Training is lead by a Certified Trainer who serve as "coaches" to challenge small teams of 6-12 people to achieve a higher level of fitness through science-based, month-long, progressive training using circuit, interval and cardio equipment. The YMCA's Yoga programs are taught by highly qualified certified Yoga Instructors who can help clients work on flexibility, strength mobility and making the mind body connection.

MON	TUE	WED	THUR	FRI	SAT
6:15-7 AM T.E.A.M. Training		6:15-7 AM T.E.A.M. Training	6:00-6:45 AM Sunrise Yoga Terrace / Courtney		
	9:15-10 AM T.E.A.M. Training				
		10:45-11:30 AM Gentle Yoga (B) Barbara			
	11:30-12:15 PM Gentle Yoga (B) Barbara		11:30-12:15 PM Gentle Yoga (B) Barbara		8:30-9:30 AM Vinyasa Yoga (B) Courtney
6:15-7:00 PM Gentle Yoga (B) Courtney	6:15-7 PM T.E.A.M. Training		6:15-7 PM T.E.A.M. Training		9:15-10 AM T.E.A.M. Training
					7:00-7:45 PM Vinyasa Yoga (A) Courtney

**CLASS COLOR CODE:**

MIND BODY (Teal)

HIIT (Red/Blue)

**Y Members:** \$45/month

**Drop-in:** \$15/class

**MEMBERS TRYING A +STUDIO CLASS FOR THE FIRST TIME CAN ATTEND ONE FOR FREE!**

Workouts are limited and are on a first come, first served basis.  
For more information, please contact Kim Nichols at [knichols@indymca.org](mailto:knichols@indymca.org)



## CLASS DESCRIPTIONS

<b>CARDIO</b>	
<b>T.E.A.M. Endurance</b>	Improving endurance has never been so fun. This intense class uses a circuit format to get your heart rate up and keep it up. Challenge fellow team members as you work together to improve your cardiovascular endurance.
<b>STRENGTH</b>	
<b>T.E.A.M. Strength</b>	Designed to improve strength. Take your training up a notch with this combination-style muscle-strength/muscle endurance format. Incorporate Olympic-style weight lifting while learning proper technique and form.
<b>MIND/BODY</b>	
<b>Intro Yoga</b>	This class is designed as an introduction to the practice of yoga. Class is slower paced than an all-levels class, and focused on developing clear and safe alignment in foundational poses.
<b>Power Yoga</b>	For intermediate to advanced fitness levels. This class combines breathing techniques with balance and postural exercises in sequence for a more intense workout. A rigorous workout that develops strength, flexibility, and helps create a lean, total body while keeping students on the move.
<b>COMBAT</b>	
<b>T.E.A.M. Combat</b>	Train like a champion with TKO, our one-of-a-kind boxing class that follows a set series of drills to challenge cardio capacity & strength, and will improve speed, power, balance and flexibility. TKO is a complete mix of upper and lower body exercise routines, that combines boxing, kickboxing, martial arts, and body-weight combinations with the use of heavy bags and partner work.
<b>HIIT</b>	
<b>T.E.A.M. Training</b>	Setting the stage for a well rounded program fueled by MX4 and Synergy, this high-intensity circuit format will develop all key areas of fitness: Strength, Cardiovascular and Flexibility, creating a great foundation to build your personalized SGT Experience.