

Group Exercise Classes **Begins Jan. 18

Our equipment is cleaned every hour, on the hour by our Janitorial Staff. Please be patient as we enter the exercise room after each class to sanitize the equipment for the next instructor.

Ageless Yoga

Mon/Wed - 8:00am

Body Pump

Mon/Wed - 9:00am & 12pm

Monday - 6:00pm

Thursday - 5:00pm

Saturday - 10:00am **Begins Jan. 16

Indoor Cycling

Tues/Thurs - 6:00pm

Saturday - 9:00am **Begins Jan. 16

Yoga Flow

Wednesdays - 6:30pm

SilverSneakers Classic

Mon/Wed/Fri - 9:00am

SilverSneakers Circuit

Mon/Wed/Fri - 10:00am

SilverSneakers Splash

Tues/Thurs - 8:30am

Fun Fit H2O

Mon/Wed - 8:30am



Water Walking – Lazy River – OPEN

Tuesday & Thursday

9:30-11:00am

Visit our website to view online
workout videos at

[https://ivymca.com/programs-
services/group-exercise/](https://ivymca.com/programs-services/group-exercise/)

ALL CLASSES BOTH LAND & WATER ARE INCLUDED WITH EVERY MEMBERSHIP!!