

## Group Exercise Classes

**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/Fri – 8:00am

### **Body Pump**

Mon/Wed – 9:00am & 12pm

Monday – 6:00pm

Thursday – 5:00pm

Friday – 12:00pm

Saturday – 10:00am

### **Fun Fit H2O**

Mon/Wed/Fri – 8:30am

Thursday – 5:00pm

### **Indoor Cycling**

Tues/Thurs – 6:00pm

Saturday – 9:00am

### **SilverSneakers Classic**

Mon/Wed/Fri – 9:00am

### **SilverSneakers Circuit**

Mon/Wed/Fri – 10:00am

### **SilverSneakers Splash**

Tues/Thurs – 8:30am

### **Sun Style Tai Chi \*Begins March 15**

Mon/Thurs – 11:00am

### **Yoga Flow**

Wednesdays – 6:30pm

### **Water Walking -**

Tuesday/Thursday; 9:30-11:00am

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

**Visit our website to view online workout videos at**

**<https://ivymca.com/programs-services/group-exercise/>**