



Reservations must be made for all group exercise classes held at the Duneland Y and for the Fun Zone for the health and safety of our members as well as to ensure proper social distancing. Reservations open 24 hours in advance. Call the Y at 219-926-4204 to reserve your spot.

ACTIVE OLDER ADULTS	MIND/BODY	CARDIO
SPIN®	STRENGTH	DANCE

**LOCATION: DUNELAND FAMILY YMCA** Fun Zone is available M-F 8-11 A.M. • M-F 4-8 P.M. • Sat 8-11 A.M. • Open to children ages 6 weeks-9 years.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45 am <b>Y - B Fit</b> Senior Center - Sandy	6:00 am <b>Body Pump®</b> Fitness Room - Michelle	7:45 am <b>Y - B Fit</b> Senior Center - Sandy	6:00 am <b>Body Pump®</b> Fitness Room - Michelle	7:45 am <b>Y - B Fit</b> Senior Center - Sandy	8:00 am <b>Hatha Yoga</b> Senior Center - Mahesh
8:15 am <b>Tabata</b> South Gym - Alyssa	8:00 am <b>Hatha Yoga</b> Senior Center - Mahesh	8:15 am <b>Tabata</b> South Gym - Alyssa	8:30 am <b>Spin Express®</b> Class start date to be determined.	8:15 am <b>Tabata</b> South Gym - Alyssa	8:00 am <b>Turbo Kick</b> Fitness Room/Outdoor - Katie
8:30 am <b>Body Pump®</b> Fitness Room - Jill	8:30 am <b>Spin Express®</b> Class start date to be determined.	8:30 am <b>Body Pump®</b> Fitness Room - Jill	9:15 am <b>Cardio Barre</b> Fitness Room - Vicky	8:30 am <b>Body Pump®</b> Fitness Room - Jill	
9:00 am <b>Zumba®</b> South Gym - Jessica	9:15 am <b>Cardio Barre</b> Fitness Room - Vicky	10:30 am <b>Line Dancing</b> South Gym - Vicky	5:00 pm <b>Body Pump®</b> Fitness Room - Jessica	9:00 am <b>Cardio Dance</b> South Gym - Lindsey	
10:30 am <b>SS Classics</b> South Gym - Deborah	5:00 pm <b>Body Pump®</b> Fitness Room - Heather	5:00 pm <b>Spin®</b> Class start date to be announced.	6:30 pm <b>Zumba®</b> South Gym - Vicky	10:30 am <b>SS Classics</b> South Gym - Deborah	
5:00 pm <b>Spin®</b> Class start date to be announced.	6:30 pm <b>Zumba®</b> South Gym - Vicky	5:00 pm <b>Cardio Core &amp; More</b> Fitness Room - Peggy Sue		12:00 pm <b>Spin Express®</b> Class start date to be announced.	
5:00 pm <b>Cardio Core &amp; More</b> Fitness Room - Peggy Sue		5:30 pm <b>Turbo Kick</b> Fitness Room/Outside - Katie			
6:30 pm <b>Body Pump®</b> Fitness Room - Jessica		6:30 pm <b>Body Pump®</b> Fitness Room - Jessica			

**LOCATION: COFFEE CREEK AMPITHEATER** \*FREE & OPEN TO THE PUBLIC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 am <b>Walking Group</b> Nancy		9:00 am <b>Walking Group</b> Nancy		8:00 am <b>Bootcamp</b> Clark

**LOCATION: VIRTUAL**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 pm <b>Yoga</b> Yolanda		5:30 pm <b>Yoga</b> Yolanda			