

# Group Fitness Schedule



North Suburban YMCA **the**  
June 12-August 13, 2017

MONDAY			
5:30-6:30 am	Muscle Definition	Shari	D
7:45-8:30am	TBC	Amy C.	D
8:45-9:45 am	BODYPUMP	Megan	D
9:00-9:55am	Pilates Barre	Amy A.	AB
9:15-10:10am	Cycle	Megan T.	CS
10:05-11:00am	Basic Cardio Plus	Amy C.	AB
5:00-6:00 pm	BODYPUMP	Anna H.	D
6:00-6:55pm	Cycle	Rob	CS
6:10-7:05 pm	TBC	Amy	D
6:20-7:30pm	Yoga: Vinyasa III	Debbie M.	Y

TUESDAY			
5:15-6:15 am	BODYPUMP	Kile	D
5:30-6:30 am	Cycle	Terry	CS
8:00-8:55am	Step	Amy C.	D
8:30-9:25am	Outdoor Walking Group	Karen B.	Lobby
9:00-9:55am	Cycle	Melissa	CS
9:05-10:00am	Total Body Strength	Bethany	D
9:15-10:10 am	TRX Circuit	Roman	YFWC
9:15-10:25 am	Yoga: Iyengar	Jayne	AB
11:00-12:00 pm	Yoga: Chair	Karen	AB
6:00-6:55 pm	ZUMBA	Ali	D
7:00-8:15 pm	Yoga: Hatha/Vinyasa I/II	Debbie B.	YFWC

WEDNESDAY			
5:30-6:30 am	Boot Camp Interval	Kile	Gym
7:45-8:30 am	Circuit 45	Rhonda	D
8:45-9:45 am	BODYPUMP	Anna H.	D
9:00-9:55am	Pilates Barre	Amy A.	AB
10:00-10:50am	Dance Fusion	Megan V.	D
10:00-10:55 am	Cycle	Anna H.	CS
10:05-11:00am	Basic Cardio Plus	Bridget	AB
6:00-7:00pm	BODYPUMP	Kile	D
7:00-8:15pm	Yoga: Lunar	Marcia	Y

THURSDAY			
5:30-6:30 am	Cycle	Terry	CS
5:30-6:30 am	Yoga: Sunrise	Debbie M.	AB
8:00-8:55 am	Step & Strength	Amy C.	D
9:00-9:55 am	Cycle	Dev	CS
9:05-10:00am	Turbo TRICK	Megan V.	D
9:00-10:15 am	Yoga: Vinyasa II	Nancy	Y
9:15-10:10 am	TRX Circuit	Anna H.	YFWC
10:10-11:10 am	BODYPUMP	Megan V.	D
5:15-6:00 pm	BODYPUMP Express	Jaclyn	D
6:10-7:05 pm	ZUMBA	Dawn	D
6:10-7:05 pm	Cycle	Jaclyn	CS
7:00-8:00 pm	Yoga: Beginner	Tatiana	Y

FRIDAY			
5:30-6:30 am	Fitness Xtreme	Kile	Gym
8:00-8:55am	Metabolic Total Body	Rhonda	D
8:30-9:30 am	Outdoor Walking Group	Karen B.	Lobby
8:45-10:00 am	Yoga: Vinyasa II	Tatiana	AB
9:00-10:00 am	BODYPUMP	Kile	D
9:05-10:00 am	Cycle	Megan V.	CS
10:05-11:00 am	Basic Cardio Plus	Rhonda	AB
10:15-11:10 am	Strength & Balance	Myleen	D

SATURDAY			
7:00-8:00 am	Cycle	Terry	CS
8:00-8:55 am	ZUMBA	Nicki	AB
9:00-10:15 am	Yoga: Vinyasa III	Alison	AB
9:00-9:55 am	Interval Conditioning	Marlo/Rhonda	Gym
9:00-10:00am	BODYPUMP	Jaclyn	D
10:10-11:05 am	Cycle	Jaclyn	CS
10:30-11:45 am	Yoga: Gentle Joints	Alison	AB

SUNDAY			
8:00-9:00 am	BODYPUMP	Kile	D
9:15-10:10 am	TBC	Rhonda	D
10:00-11:15 am	Yoga: Hatha Multi-Level	Suzanne	AB

## Questions about the schedule?

Please contact:

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Updated 6.12.17

Classes and instructors are subject to change. Please see Group Exercise Schedule on [www.nsymca.org](http://www.nsymca.org) or mobile app for the most up to date information on descriptions, subs, class changes, or room locations.

Classes with less than 8 participants on average are subject to cancellation.

**Basic Cardio Plus (AOA\*):** Utilizes low impact aerobics in this joint friendly class geared for a low to moderate intensity level. The class will include 35-40 minutes of cardiovascular movement followed by strengthening and stretching exercises.

**Boot Camp Interval:** Boot camp is a combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. You get EVERYTHING you need!

**Body Pump®:** BODYPUMP™ is for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven moves and

techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

**Circuit 45:** This 45 minute class incorporates cardio and strength training segments, increasing the overall intensity of the class. Focuses on all major muscle groups to improve muscular tone, endurance, strength, and cardiovascular fitness.

**Cycle:** Unique ride each time designed for people of all fitness levels looking for a high-energy, but challenging non-impact workout.

**Dance Fusion:** A high-intensity cardio dance class that combines various dance styles with sports drills to create a cardio filled class. All levels welcome!

**Fitness Xtreme:** Combination of hard-core cardio plus total muscular strength, agility, and power to get you stronger!

**Interval Conditioning:** Interval training using intense and athletic exercises alternated with full body muscular toning.

**Metabolic Total Body:** This metabolic training workout will touch all muscle groups while also getting cardio benefits through elevated heart rate and compound movement

**Muscle Definition:** Multi-level resistance training class using any combination of weights, balls, bands to strengthen the entire body.

**Outdoor Walking Group (AOA\*):** Start your morning off right with an energizing group walk led by a certified personal trainer! Improve balance, coordination, walk in all directions, and meet new people who also enjoy walking! Come anytime during the 55 minutes

**Pilates Barre:** A Pilates inspired class using principles of Pilates, core conditioning, dance and the science of Physical Therapy to create a structurally balanced and muscularly defined body.

**Step:** Cardiovascular endurance class featuring advanced choreographed stepping patterns.

**Step & Strength:** A combination of advanced choreographed stepping patterns with strength training exercises.

**TBC (Total Body Conditioning):** Combines aerobic conditioning, strength and endurance exercises that improve all muscles of the body.

**Total Body Strength:** This class uses various resistance-training techniques (e.g. dumbbells, stability balls, bands) to improve muscular strength and endurance and develop muscle definition and elevate the body's metabolism by increasing lean muscle mass.

**TRX Circuit:** With this challenging, full body workout you will build strength, stamina, and increase total body mobility and stability. The TRX system challenges your stabilizers and your major muscle groups. No prior experience necessary!

**Turbokick®:** Get hooked on the Turbo high! With cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes, you'll get lean and toned—and have a blast doing it! It's high intensity, fast-paced, and totally addicting!

**Zumba®:** Combines Latin rhythms into cardiovascular dance exercise to create a routine that is fun and easy to follow.

## YOGA:

**Beginner:** The class and its emphasis is on postural foundation and alignment of the body. A perfect class for the novice or anyone who would like a beginning approach to yoga.

**Chair (AOA\*):** Need a mid-day break. Spend it stretching, strengthening, and getting focused.

**Gentle Joints:** A slower paced class designed to build flexibility, strength, and better posture through relaxing and restorative poses. Best for beginners or people with physical ailments and injuries to help the body find balance and renewed strength.

**Hatha I/II & (Multi-Level):** New to yoga? Try this class for learning the basics and getting started. Increase flexibility, strength, and balance through fundamental poses, seated and standing while emphasizing the importance of breath. A way to manage and reduce stress and tension.

**Hatha/Vinyasa I/II:** Gentle stretching and opening in preparation for energetic flows pairing breath with movement designed to build strength, flexibility, stamina, and balance.

**Lunar:** Features mindful breathing in coordination with movement to promote flexibility and a sense of general well being. End your day feeling relaxed and renewed!

**Sunrise:** Start your day right with a yoga class!

**Vinyasa II:** Work deeper into asana (postures), using the vinyasa form (movement) and emphasizing the principles of mindfulness, building heat and stamina with flowing moves

**Vinyasa III:** Dynamic and physically demanding style of yoga is energetic and heating as it flows from one pose to the next. Great for building stamina and strength. Meditation is experienced through movement.

\*AOA: Active Older Adults