



# & IN-PERSON GROUP EX. SCHEDULE

## FALL I

**MASKS ARE NOW REQUIRED FOR ALL INDOOR GROUP EX. CLASSES**

**Sunday, August 22nd- Saturday, September 25th**

Sunday	Monday**	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:15 am <b>IN-PERSON &amp;</b>  TONE® Allison (D)	5:30-6:30am <b>IN-PERSON &amp;</b>  BODYPUMP® Kile (D)	5:30-6:15AM <b>IN-PERSON &amp;</b>  BODYCOMBAT® Kile (D)	5:30-6:30am <b>IN-PERSON &amp;</b>  BODYPUMP® Allison (D)	5:30-6:15am <b>IN-PERSON &amp;</b>  TONE® ** Lina (D)	
		5:30-6:25 am <b>OUTDOOR</b> Cycle Terry (FCOH)	6:30-7:30 am <b>OUTDOOR</b> Vinyasa II Nancy (LD)	5:30-6:25 am <b>OUTDOOR</b> Cycle Melissa (FCOH)		7:00-7:55 am <b>OUTDOOR</b> Cycle Terry (FCOH)
8:15-9:00 am <b>IN-PERSON &amp;</b>  <b>Barre Intensity® **</b> Lina (ABC)	8:00-8:45 am <b>OUTDOOR</b> Interval Conditioning Megan (LD)	8:00-8:55 am <b>IN-PERSON</b> Step Amy (D)	8:00-9:00 am <b>OUTDOOR</b> BODYPUMP Anna (LD)	8:00-8:55 am <b>OUTDOOR</b> Cycle ** Dev (CS)	8:00-8:45 am <b>OUTDOOR</b> Strength & Balance Megan (LD)	8:00-8:55 am <b>OUTDOOR</b> Zumba® Nikki (LD)
8:30-9:15 am <b>OUTDOOR</b> RPM® Anna (CS)	9:15-10:10 am <b>IN-PERSON</b> Barre Sculpt Kerry (ABC)	9:00-9:55 am <b>OUTDOOR</b> Cycle Melissa (CS)			8:30-9:00 am <b>IN-PERSON</b> GRIT® Kile (D)	9:00-9:45 am <b>IN-PERSON &amp;</b>  BODYPUMP® Allison (D)
9:15-9:45 am <b>IN-PERSON &amp;</b>  GRIT® Kile (D)	9:15-10:00 am <b>IN-PERSON &amp;</b>  BODYPUMP® Megan (D)	9:15-10:00 am <b>IN-PERSON &amp;</b>  Yoga Sculpt Felicity (ABC)	9:15-10:00 am <b>IN-PERSON &amp;</b>  Turbokick® Megan (D)	9:00-10:00 am <b>OUTDOOR</b> Vinyasa II Nancy (LD)	9:15-10:00 am <b>IN-PERSON &amp;</b>  <b>Barre Intensity® **</b> Lina (AB)	10:00-10:45am <b>IN-PERSON &amp;</b>  BODYCOMBAT® Allison (D)
10:00-11:00 am <b>OUTDOOR</b> Hatha Multi-Level Yoga Suzanne (FC)	10:15-10:45am <b>IN-PERSON &amp;</b>  CORE® Anna (D)	10:15-11:00 am <b>IN-PERSON &amp;</b>  TONE® Megan (D)	10:15-11:00 am <b>IN-PERSON &amp;</b>  Strength & Balance Megan (D)	9:15-10:00am <b>IN-PERSON &amp;</b>  TONE® Megan V. (D)	9:15-10:10 am <b>IN-PERSON</b> BODYPUMP® Kile (D)	10:00-10:45am <b>IN-PERSON &amp;</b>  BODYCOMBAT® Allison (D)
10:00-11:00 AM <b>IN-PERSON &amp;</b>  BODYPUMP® Kile (D)	10:15-11:10 am <b>IN-PERSON</b> Basic Cardio Amy (ABC)	10:15-11:10 am <b>OUTDOOR</b> <b>Tabata Intervals® **</b> Myleen (D)	10:15-11:10 am <b>IN-PERSON</b> Basic Cardio Anna (ABC)	10:15-11:00 am <b>IN-PERSON &amp;</b>  BODYPUMP® Megan V. (D)	10:15-11:10 am <b>IN-PERSON</b> Basic Cardio Anna (ABC)	10:15-11:15am <b>OUTDOOR</b> Gentle Yoga Debbie B (FC)
		11:15-12:15pm <b>IN-PERSON</b> Chair Yoga Karen (ABC)	<b>Afternoon</b> 1:15-2:15 pm <b>OUTDOOR</b> Hatha Multi-Level Yoga Suzanne (FC)	11:15-11:45 am <b>OUTDOOR &amp;</b>  CORE® Anna (D)		
Questions about the schedule?  Please contact:  Megan Vazquez Sr. Director of Sports & Wellness 847-272-7250 ext. 1217 mvazquez@nsymca.org  Classes and instructors are subject to change.	<b>Evening</b> 5:15-6:00pm <b>OUTDOOR</b> BODYPUMP® Sarah (LD)	<b>Evening</b> 6:00-6:55 pm <b>OUTDOOR &amp;</b>  Zumba Dawn (D)	<b>Evening</b> 5:15-6:00pm <b>IN-PERSON</b> BODYPUMP® Sarah (D)	<b>Evening</b> 6:00-6:45pm <b>OUTDOOR</b> RPM® Anna (CS)		
	6:00-6:45 <b>OUTDOOR</b> Cycle Rob (CS)	7:00-8:00 pm <b>IN-PERSON</b> Hatha/Vinyasa I/II Yoga Debbie B. (NE)	6:15-6:45 pm <b>IN-PERSON</b> CORE® Sarah (D)	7:00-8:00 pm <b>IN-PERSON</b> Hatha/Vinyasa I/II Yoga Debbie B. (NE)		
	6:15-6:45pm <b>OUTDOOR</b> CORE® Sarah (LD)					

**\*\* Fall I instructor start dates vary based on the class.**

**Please see start dates below.**

**Tues. Tabata Intervals starts: 8/31**

**Thurs: Cycle starts: 9/9**

**Sat.: Zumba starts 9/11**

**updated 8.23.2021**