



& IN-PERSON GROUP EX. SCHEDULE

FALL II MONTH I

Sunday, October 25 - Saturday, November 20th

Sunday	Monday**	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:15 am IN-PERSON & NSY Live TONE® Allison (D)	5:30-6:30am IN-PERSON & NSY Live BODYPUMP® Kile (D)	5:30-6:15AM IN-PERSON & NSY Live BODYCOMBAT® Kile (D)	5:30-6:30am IN-PERSON & NSY Live BODYPUMP® Allison (D)	5:30-6:15am IN-PERSON & NSY Live TONE® Lina (D)	
		5:30-6:25 am OUTDOOR Cycle Terry (FCOH)	5:30-6:15 am IN-PERSON Barre Intensity® Lina (ABC)	5:30-6:25 am OUTDOOR Cycle Melissa (FCOH)		7:00-7:55 am OUTDOOR Cycle Terry (FCOH)
8:15-9:00 am IN-PERSON & NSY Live Barre Intensity® Lina (ABC)	8:00-8:45 am OUTDOOR Interval Conditioning Megan (LD)	8:00-8:55 am IN-PERSON Step Amy (D)	8:00-8:55 am OUTDOOR BODYPUMP Anna (LD)		8:00-8:45 am OUTDOOR Strength & Balance Megan (LD)	8:00-8:55 am OUTDOOR Zumba® Nikki (LD)
8:30-9:15 am OUTDOOR RPM® Anna (FCOH)	9:15-10:10 am IN-PERSON Barre Sculpt Kerry (ABC)	9:00-9:55 am OUTDOOR Cycle Melissa (FCOH)	8:00-9:00am IN-PERSON Vinyasa II Marlo (NE)	8:00-8:55 am OUTDOOR Cycle Dev (CS)	8:30-9:00 am IN-PERSON GRIT® Kile (D)	9:00-9:45 am IN-PERSON & NSY Live BODYPUMP® Allison (D)
9:15-9:45 am IN-PERSON & NSY Live GRIT® Kile (D)	9:15-10:00 am IN-PERSON & NSY Live BODYPUMP® Megan (D)	9:15-10:00 am IN-PERSON & NSY Live Yoga Sculpt Felicity (ABC)	9:15-10:00 am IN-PERSON & NSY Live Turbokick® Megan (D)	9:00-10:00 am IN-PERSON Vinyasa II Nancy (LD)	9:15-10:00 am IN-PERSON & NSY Live Barre Intensity® Lina (ABC)	10:00-10:45 am IN-PERSON & NSY Live BODYCOMBAT® Allison (D)
10:00-11:00 am IN-PERSON Hatha Multi-Level Yoga Suzanne (FC)	10:15-10:45am IN-PERSON & NSY Live CORE® Anna (D)	10:15-11:00 am OUTDOOR & NSY Live Tabata Intervals Myleen/Megan (LD)	10:15-11:00 am IN-PERSON & NSY Live Strength & Balance Megan (D)	9:15-10:00am IN-PERSON & NSY Live TONE® Megan V. (D)	9:15-10:10 am EVERY 3RD FRI IN-PERSON & NSY Live Pilates Barre Amy A. (ABC)	10:15-11:15am OUTDOOR Gentle Yoga Debbie B (FC)
10:00-11:00 AM IN-PERSON & NSY Live BODYPUMP® Kile (D)	10:15-11:10 am IN-PERSON Basic Cardio Amy (ABC)	11:15-12:15pm IN-PERSON Chair Yoga Karen (ABC)	10:15-11:10 am IN-PERSON Basic Cardio Anna (ABC)	10:15-11:00 am IN-PERSON & NSY Live BODYPUMP® Megan V. (D)	9:15-10:10 am IN-PERSON BODYPUMP® Kile (D)	
			Afternoon 1:15-2:15 pm OUTDOOR Hatha Multi-Level Yoga Suzanne (FC)	11:15-11:45 am OUTDOOR IN-PERSON & NSY Live CORE® Anna (D)	10:15-11:10 am IN-PERSON Basic Cardio Anna (ABC)	
<p>Questions about the schedule?</p> <p>Please contact:</p> <p>Megan Vazquez Sr. Director of Sports & Wellness 847-272-7250 ext. 1217 mvazquez@nsymca.org</p> <p>Classes and instructors are subject to change.</p>	Evening 5:15-6:00pm OUTDOOR BODYPUMP® Sarah (LD)	Evening 6:00-6:55 pm OUTDOOR & NSY Live Zumba Dawn (LD)	Evening 5:15-6:00pm OUTDOOR BODYPUMP® Sarah (D)	Evening 6:00-6:45pm OUTDOOR RPM® Anna (FCOH)	<p>PILATES BARRE W/ AMY - Every 3rd Friday of the month - Registration is required for in-person classes. Class dates: 10/15, 11/18, & 12/17</p> <p>OUTDOOR TEMPERATURE POLICY Classes will move automatically indoors when the weather is below the following degrees: Cycle & RPM > 32° General Group Ex. > 42° Yoga > 52° Indoor Studio locations on back side</p>	
	6:00-6:45 OUTDOOR Cycle Rob (FCOH)	7:00-8:00 pm IN-PERSON Hatha/Vinyasa I/II Yoga Debbie B. (NE)	6:15-6:45 pm OUTDOOR CORE® Sarah (D)	7:00-8:00 pm IN-PERSON Hatha/Vinyasa I/II Yoga Debbie B. (NE)		

DAY	TIME	CLASS	INDOOR STUDIO LOCATIONS FOR OUTDOOR CLASSES
Sunday	8:30 AM	RPM	Cycle Studio
	10:00 AM	Hatha Multi Level Yoga	Studio NE
Monday	8:00 AM	Interval Condt.	Studio D
	5:15 PM	BODYPUMP	Studio D
	6:00 PM	Cycle	Cycle Studio
	6:15 PM	CORE	Studio D
Tuesday	5:30 AM	cycle	Cycle Studio
	9:00 AM	Cycle	Cycle Studio
	10:15 AM	Tabata intervals	Studio ABC
	6:00 PM	Zumba	Studio D
Wed.	8:00 AM	BODYPUMP	Studio D
	1:15 PM	Hatha Multi Level Yoga	Studio NE
	5:15 PM	BODYPUMP	Studio D
	6:15 PM	CORE	Studio D
Thursday	5:30 AM	Cycle	Cycle Studio
	8:00 AM	Cycle	Cycle Studio
	11:15 AM	CORE	Studio D
	6:00 PM	RPM	Cycle Studio
Friday	8:00 AM	Str.& Balance	Studio D
Saturday	7:00 AM	Cycle	Cycle Studio
	8:00 AM	Zumba	Studio D
	10:15 AM	Gentle Yoga	Studio NE