



# SCHEDULE

## SUNDAY, JAN. 3RD -SATURDAY, JAN. 30TH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:15am TONE® Megan V.	5:30-6:15am BODYPUMP® Kile	5:30-6:15AM BODYCOMBAT Kile	5:30-6:15am BODYPUMP Allison	5:30-6:15am TONE® Lina	
	6:30-7:30am Vinyasa II Liz		6:30-7:15am Vinyasa II Liz G.			
8:30-9:15am Barre Sculpt Liz	8:00-8:45am BODYPUMP® Megan V.		8:00-8:45am BODYPUMP® Anna	8:00-9:00am Vinyasa II Nancy	8:30-9:15am BODYPUMP® Kile	8:00-8:45am Zumba® Nikki
9:30-10:15am BODYPUMP® Kile	9:15-10:00am Pilates Barre Amy A.	9:15-10:05am Turbokick Megan V.	9:00-9:30am CXWORX® Anna	9:15-10:00am TONE® Megan V.	9:30-10:15am Yoga Sculpt Felicity	9:00-9:45am BODYPUMP® Allison
10:30-11:30 Hatha Multi-Level Yoga Suzanne	10:15-11:00am Basic Cardio Anna	10:15-11:00am Strength & Balance Megan V.	10:15-11:00am Tabata Intervals Myleen	10:15-11:00am BODYPUMP® Megan V.	10:30-11:15am Strength & Balance Myleen	10:00-10:45am BODYCOMBAT Allison

11:00-12:00pm Gentle Yoga Debbie B
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Evening	Evening	Evening	Evening
5:15-6:00pm BODYPUMP® Sarah			5:15-6:00pm BODYPUMP® Sarah
	6:00-6:45pm Zumba Dawn	6:00-6:45pm BODYCOMBAT® Anne	6:15-7:00pm TONE® Allison
	7:00-8:00pm Hatha Vinyasa I/II Yoga Debbie B.	6:45-7:15pm CXWORX® Anne	

**BODYPUMP EQUIPMENT NOW AVAILABLE FOR RENT!**

**Call the front desk at 847-272-7250 for more details.**

**Questions about the schedule:**  
 Please contact: Megan Vazquez, Sr. Director of Wellness at 847-272-7250 ext. 1217 or [mvazquez@nsymca.org](mailto:mvazquez@nsymca.org)