

NSYMCA GROUP EXERCISE SCHEDULE



*indicates new class, new class time, or new day of the week

Fall Session I: August 26th – October 20th

MONDAY

AM			
5:30-6:00	GRIT® Cardio	Studio D	Kile
5:30-6:30	Zumba	ABC	Nikki
**7:00-7:45	BODYCOMBAT	<i>Studio D</i>	<i>Kile</i>
8:00-8:50	Interval Condt.	Gym	Gilda
**8:25-8:55	CXWORX® (30 min. Core)	<i>Studio ABC</i>	<i>Megan V.</i>
9:05-10:00	Pilates Barre	Studio ABC	Amy A.
**9:05-9:50	RPM® (Cycle)	<i>Studio CS</i>	<i>Megan V.</i>
**9:10-9:55	BODYPUMP® Xps.	<i>Studio D</i>	<i>Sheldon</i>
**10:00-10:30	CXWORX® (30 min. Core)	<i>Studio D</i>	<i>Megan V.</i>
10:15-11:10	Basic Cardio Plus	Studio ABC	Amy C.
**10:35-11:20	Tabata Intervals	<i>Studio D</i>	<i>Myleen</i>
PM			
5:20-6:05	BODYPUMP® Xpr.	Studio D	Sarah
6:00-7:00	Vinyasa III Yoga	Studio NE	Debbie M.
6:00-6:55	Cycle	Studio CS	Rob
6:10-7:05	TBC	Studio D	Amy C.

TUESDAY

AM			
5:15-6:15	BODYPUMP®	Studio D	Kile
5:30-6:30	Cycle	Studio CS	Terry
8:00-8:55	Step	Studio D	Amy
8:30-9:25	Balance 4 Walking	Gym	Karen B.
9:00-9:55	Cycle	Studio CS	Melissa
**9:10-10:05	Barre Sculpt	<i>Studio ABC</i>	<i>Kerry</i>
9:15-10:00	BODYCOMBAT®	Studio D	Megan V.
9:15-10:10	TRX® Circuit	Studio YFWC	Roman
9:15-10:30	Vinyasa I Yoga	Studio NE	Linda V.
**10:05-10:50	Total Body Str.	<i>Studio D</i>	<i>Megan V.</i>
11:15-12:15	Chair Yoga	Studio ABC	Karen H.
PM			
**5:10-6:10	BODYPUMP/CXWORX® (Combo: 30 min Strength & 30 min. Core)	<i>Studio D</i>	<i>Anna</i>
**6:15-7:10	Zumba®	<i>Studio D</i>	<i>Cam</i>
**6:20-7:05	RPM® (Cycle)	<i>Studio CS</i>	<i>Anna</i>
7:00-8:15	Hatha/Vinyasa I/II Yoga	Studio NE	Debbie B.

WEDNESDAY

AM			
5:30-6:00	GRIT® Strength	Studio D	Kile
5:30-6:30	Interval Condt.	Gym	Karen B.
8:00-8:55	Interval Condt.	Gym	Anna
**8:30-9:00	CXWORX® (30 min. Core)	<i>Studio ABC</i>	<i>Megan V.</i>
8:35-9:05	GRIT® Strength	Studio D	Kile
**9:00-10:15	Vinyasa II Yoga	<i>Studio NE</i>	<i>Nancy G.</i>
9:10-10:10	BODYPUMP®	Studio D	Anna
**9:15-10:00	Latin Fusion (formerly Zumba)	<i>Studio ABC</i>	<i>Megan V.</i>
9:15-10:00	RPM® (Cycle)	Studio CS	Linda R.
10:15-11:10	Basic Cardio Plus	Studio ABC	Bridget
**10:15-11:00	CXWORX® (30 min. Core)	<i>Studio D</i>	<i>Linda R.</i>

WEDNESDAY (continued)

Afternoon			
12:15-1:10	TRX® Circuit	Studio YFWC	Roman
1:00-2:15	Hatha Multi-Level Yoga	Studio NE	Suzanne
PM			
6:00-6:45	BODYPUMP® Xps.	Studio D	Anne
**6:50-7:20	CXWORX® (30 min. Core)	<i>Studio D</i>	<i>Anne</i>
7:00-8:15	Alignment Yoga	Studio NE	Marcia

THURSDAY

AM			
5:30-6:30	Cycle	Studio CS	Terry
5:30-6:30	Sunrise Yoga	Studio ABC	Liz G.
8:00-8:55	Step & Strength	Studio D	Amy C.
9:00-9:55	Cycle	Studio CS	Dev
**9:10-9:55	Barre Sculpt	<i>Studio ABC</i>	<i>Kerry</i>
9:15-10:10	Turbokick®	Studio D	Megan V.
9:15-10:10	TRX® Circuit	Studio YFWC	Roman
10:10-11:05	ZUMBA® Gold	Studio NE	Ali M.
10:15-11:00	BODYPUMP® Xps	Studio D	Megan V.
PM			
**5:30-6:00	CXWORX® (30 min. Core)	<i>Studio D</i>	<i>Anna</i>
**6:10-6:55	RPM® (Cycle)	<i>Studio CS</i>	<i>Anna</i>

FRIDAY

AM			
5:30-6:30	Fitness Xtreme	Gym	Kile
**8:00-8:50	Barre Sculpt	<i>Studio ABC</i>	<i>Gilda</i>
8:30-9:25	Balance 4 Walking	Gym	Karen B.
8:35-9:05	GRIT® Cardio	Studio D	Kile
9:00-10:15	Vinyasa II Yoga	Studio NE	Liz G.
9:00-9:55	Cycle	Studio CS	Melissa
**9:15-10:00	BODYPUMP® Xps.	<i>Studio D</i>	<i>Kile</i>
10:15-11:05	Basic Cardio Plus	Studio ABC	Anna
10:20-11:15	Str. & Balance	Studio D	Myleen

SATURDAY

AM			
7:00-8:00	Cycle	Studio CS	Terry
7:55-8:55	Zumba®	Studio D	Nikki
8:30-9:00	GRIT® Cardio	Studio ABC	Kile
8:45-10:00	Vinyasa II & III Yoga	Studio NE	Rachel
9:00-9:55	Interval Condt.	Gym	Dani
9:15-10:15	BODYPUMP®	Studio D	Kile
**10:15-11:30	Yin Yoga	<i>Studio NE</i>	<i>Rachel</i>
10:20-11:05	BODYCOMBAT®	Studio D	Kile

SUNDAY

AM			
8:30-9:15	RPM®	Studio CS	Jaclyn/Liz
8:30-9:00	GRIT® Strength	Studio D	Anne
9:00-9:55	Barre Sculpt	Studio ABC	Liz G.
9:15-10:00	BODYCOMBAT®	Studio D	Anne
10:00-11:15	Hatha Multi Level Yoga	Studio NE	Suzanne
10:15-11:15	BODYPUMP®	Studio D	Anne

Classes and instructors are subject to change. Please see Group Exercise Schedule on www.nsymca.org or the mobile app for the most up to date information on class descriptions, subs, class changes, or room locations. Classes with less than 8 participants on average are subject to cancellation.

Questions about the schedule?

Please contact: Megan Vazquez, Sr. Director of Wellness at 847-272-7250 ext. 1217 or mvazquez@nsymca.org