



# NSYMCA GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Winter Session: January 6 - March 21, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Early AM</b>	<b>Early AM</b>	<b>Early AM</b>	<b>Early AM</b>	<b>Early AM</b>	<b>Early AM</b>	<b>Early AM</b>
5:30-6:30am GRIT® Cardio (D) Kile	5:15-6:15am BODYPUMP® (D) Kile	5:30-6:15am BODYCOMBAT® (D) Kile	5:30-6:25am Cycle (CS) Terry	5:30-6:15am TONE® (cardio/strength) (D) Lina		
5:30-6:30am Zumba® (ABC) Nikki	5:30-6:25am Cycle (CS) Terry	5:30-6:15am TONE® (cardio/strength) (ABC) Lina	5:30-6:30am Sunrise Yoga (ABC) Liz G.			
<b>Morning</b>	<b>Morning</b>	<b>Morning</b>	<b>Morning</b>	<b>Morning</b>	<b>Morning</b>	<b>Morning</b>
8:05-9:00 Interval Conditioning (Gym) Anna	8:00-8:55am Step (D) Amy C.	8:00-8:55am Interval Conditioning (Gym) Anna	8:00-8:55am Step (D) Amy C.	8:00-8:55am Barre Sculpt (ABC) Gilda	7:00-7:55am Cycle (CS) Terry	8:30-9:15am RPM® (cycle) (CS) Jaclyn/Liz
9:00-9:55am Pilates Barre (ABC) Amy A.	9:00-9:55am Cycle (CS) Melissa	8:30-9:00am CXWORX® (30 min. core) (ABC) Megan V.	9:00-9:55am Cycle (CS) Dev	8:35-9:05am GRIT® Cardio (D) Kile	7:55-8:55am Zumba® (D) Nikki	8:30-9:15am Interval Conditioning (D) Dani
9:10-9:55am BODYPUMP® (45min.) (D) Sheldon	9:10-10:05am Barre Sculpt (ABC) Kerry	8:35-9:05am GRIT® Strength (D) Kile	9:10-10:05am Barre Sculpt (ABC) Kerry	9:00-10:15am Vinyasa II Yoga (NE) Liz G.	8:30-9:00am GRIT® Cardio (ABC) Kile	9:00-9:55am Barre Sculpt (ABC) Liz G.
9:15-10:00am TONE® (cardio/strength) (Gym) Megan V.	9:15-10:00am BODYCOMBAT® (D) Megan V.	9:00-10:15am Vinyasa II Yoga (NE) Nancy G.	9:15-10:00am (1/9-2/13/20) TONE® (cardio/strength) (D) Megan V.	9:00-9:55am Cycle (CS) Melissa	8:45-10:00am Vinyasa II/III (NE) Staff	9:20-10:05am BODYCOMBAT® (D) Anne
10:00-10:30am CXWORX® (30 min core) (D) Megan V.	9:15-10:10am TRX® Circuit (YFWC) Roman	9:15-10:15am BODYPUMP® (D) Anna	9:15-10:10am (2/20-3/19/20) Turbokick® (D) Megan V.	9:15-10:00am BODYPUMP® (45 min.) (D) Kile	9:00-9:45am TONE® (cardio/strength) (Gym) Lina	10:00-11:15am Hatha Multi-Level Yoga (NE) Suzanne
10:35-11:25am Tabata Intervals (D) Myleen	9:15-10:30am Vinyasa I Yoga (NE) Linda V.	9:15-10:00am Latin Fusion (Zumba) (ABC) Megan V.	9:15-10:10am TRX® Circuit (YFWC) Roman	10:20-11:15am Strength & Balance (D) Myleen	9:15-10:15am BODYPUMP® (D) Kile	10:15-11:15am BODYPUMP® (D) Anne
10:35-11:20am RPM® (cycle) (CS) Megan V.	10:05-10:50am Total Body Strength (D) Megan V.	9:15-10:00am RPM® (cycle) (CS) Linda R.	10:15-11:00am BODYPUMP® (45 min.) (D) Megan V.		10:15-11:30am Gentle Yoga (NE) Debbie B.	
		10:25-11:00am CXWORX® (30 min. core) (D) Linda R.			10:20-11:05am BODYCOMBAT® (D) Kile	
		<b>Afternoon</b>				
		12:15-1:10pm TRX® Circuit (YFWC) Roman				
		1:00-2:15pm Hatha Multi-Level Yoga (NE) Suzanne				
<b>Evening</b>	<b>Evening</b>	<b>Evening</b>	<b>Evening</b>			
5:20-6:05pm BODYPUMP (45 min.) (D) Sarah	5:00-5:40pm BODYPUMP® (40 min.) (D) Anna	6:00-6:45pm BODYPUMP® (45 min.) (D) Anne	5:30-6:00pm CXWORX (30min. Core) (D) Anna			
6:00-7:00pm Vinyasa III Yoga (NE) Debbie M.	5:40-6:10pm CXWORX® (30 min. core) (D) Anna	6:50-7:20pm CXWORX® (30 min. core) (D) Anne	6:05-6:35pm Cardio Intervals (D) Anne			
6:00-6:55pm Cycle (CS) Rob	6:15-7:10pm Zumba® (D) Cam	7:05-8:20pm Slow Flow Yoga (NE) Isabella	6:15-7:00pm RPM (cycle) (CS) Anna			
6:10-7:05pm TBC (D) Amy C.	6:15-7:00pm RPM® (cycle) (CS) Anna		6:35-7:05pm CXWORX (30 min. core) (D) Anne			
	7:00-8:15pm Hatha/Vinyasa I/II Yoga (NE) Debbie B.					

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

**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)

**ACTIVE OLDER ADULTS SCHEDULE ON OTHER SIDE**



# AOA GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Winter Session: January 6 - March 21, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Morning	Morning	Morning	Morning	Morning	Morning
8:00-8:45am Improve Your Balance \$fee based (NW) Karen B.	7:45-8:40am Cardio Splash registration req. (Pool) Carl					
9:05-10:00am Cardio Splash registration req. (Pool) Marie	8:30-9:25am Balance 4 Walking (Gym) Karen B.	9:05-10:00am Cardio Splash registration req. (Pool) Megan T.	8:35-9:35am Stability, Str. + Heart \$fee based (NW) Karen B.	8:30-9:25am Balance 4 Walking (Gym) Karen B.		
10:05-11:00am Basic Cardio (ABC) Amy C.	9:35-10:35 Core & Functional Str. \$fee based (NW) Karen B.	10:05-11:00am Basic Cardio (ABC) Rhonda/Bridget	9:30-10:15am Arthritis Aquatics registration req. (Pool) Megan T.	9:05-10:00am Cardio Splash registration req. (Pool) Megan T.		
11:20-12:15pm Enhance® Fitness (ABC) Megan V.	11:15-12:15pm Chair Yoga (ABC) Karen H.	11:00-11:45am Arthritis Aquatics registration req. (Pool) Megan T.	10:10-10:55am Zumba Gold® (ABC) Ali M.	10:05-11:00am Basic Cardio (ABC) Anna		
		11:20-12:15pm Enhance® Fitness (ABC)Anna	11:15-12:15pm Tai Chi Quan \$fee based (TBD) Yi Yang	11:20-12:15pm Enhance® Fitness (ABC) Gilda		

### CLASS DESCRIPTIONS:

#### **Arthritis Aquatics (registration required):**

This evidence-based arthritis management class uses movement in the water to help improve painful joints and stiffness. This class includes cardiovascular, muscle strength and flexibility exercises to improve and relieve symptoms from arthritis. **Class size is limited**

#### **Balance 4 Walking:**

Improve balance, coordination, the ability to walk in all directions, and meet new people who also enjoy walking! Come anytime during the 55 minutes.

#### **Basic Cardio:**

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.

#### **Cardio Splash (registration required):**

A high-level aerobic workout without the joint-jarring and muscle-pounding effects of land exercises. **Class size is limited.**

#### **Chair Yoga:**

One of the gentlest forms of yoga available. Students perform postures and breathing exercises with the aid of a chair. Students can experience the many benefits of yoga without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction.

#### **Core and Functional Strength:**

Increase your core and functional strength with a variety of all-body exercises. **\$Fee Based**

#### **Enhance® Fitness:**

This evidence-based senior fitness and arthritis management program helps older adults become more active, energized, and empowered for independent living.

#### **Stability, Strength + Heart:**

Increase your balance, stability, overall strength. +Heart has an added cardiovascular Component. **\$Fee Based**

#### **Tai Chi Quan:**

Tai Chic Quan is a mind/body exercise that flows through the body structure like a current guided by the mind and driven by the breath and a combination of many martial arts postures.

#### **Zumba Gold®**

This is a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.