

# GROUP EXERCISE SCHEDULE

## NORTH SUBURBAN YMCA

Winter Session: January 7<sup>th</sup> – March 24, 2019



### MONDAY

#### AM

5:30-6:00	GRIT® Cardio	Studio D	Kile
5:30-6:30	Zumba	ABC	Nikki
8:00-8:55	Interval Condt.	Gym	Gilda
8:35-9:05	GRIT® Strength	Studio D	Kile
9:00-9:55	Pilates Barre	Studio ABC	Amy A.
9:05-10:00	Cardio Splash	Pool	Marie
9:10-10:05	Cycle	Studio CS	Gilda
9:15-10:15	BODYPUMP®	Studio D	Megan V.
10:15-11:10	Basic Cardio Plus	Studio ABC	Amy C.
10:20-11:15	Taboga	Studio D	Myleen

#### PM

5:15-6:00	BODYPUMP® Xpress	Studio D	Anna
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
7:45-8:30	Cardio Splash	Pool	Karl
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
9:15-10:10	STRONG® by Zumba	Studio D	Megan V.
9:15-10:10	TRX® Circuit	Studio YFWC	Roman
9:15-10:30	Vinyasa I Yoga	Studio NE	Linda V.
10:15-11:00	Total Body Str.	Studio D	Megan V.
11:15-12:15	Chair Yoga	Studio ABC	Karen H.

#### Afternoon

12:15-1:00	Interval Condt.	Gym	Dani
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#### PM

6:00-6:55	Zumba®	Studio D	Cam
7:00-8:15	Hatha/Vinyasa I/II Yoga	Studio YFWC	Debbie B.

### WEDNESDAY

#### AM

5:30-6:00	GRIT® Strength	Studio D	Kile
5:30-6:30	Interval Condt.	Gym	Dawn
8:00-8:55	Strength & Balance	Gym	Anna
8:15-9:05	Zumba®	Studio ABC	Megan V.
8:35-9:05	GRIT® Strength	Studio D	Kile
9:05-10:10	Cardio Splash	Pool	Megan T.
9:15-10:10	Cycle	Studio CS	Megan V.
9:15-10:05	Barre Sculpt	Studio ABC	Kerry
9:15-10:15	BODYPUMP®	Studio D	Anna
10:15-11:10	Basic Cardio Plus	Studio ABC	Bridget

#### Afternoon

12:15-1:10	TRX® Circuit	Studio YFWC	Roman
1:00-2:15	Hatha Multi-Level Yoga	Studio NE	Suzanne

### WEDNESDAY (continued)

#### PM

5:30-6:15	Cycle Xpress	Studio CS	Anna
6:00-6:55	BODYPUMP®	Studio D	Kile
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	Debbie M.
8:00-8:55	Step & Strength	Studio D	Amy C.
8:45-10:00	Vinyasa II Yoga	Studio NE	Nancy
9:00-9:55	Cycle	Studio CS	Dev
9:10-9:55	Barre Strength	Studio ABC	Gilda
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 NW	Ali M.
10:15-11:15	BODYPUMP®	Studio D	Megan V.

#### PM

5:45-6:30	Cycle Xpress	Studio CS	Anna
6:00-6:55	Zumba®	Studio D	Dawn

### FRIDAY

#### AM

5:30-6:30	Fitness Xtreme	Gym	Kile
8:00-8:55	Interval Condt.	Studio D	Rhonda
8:30-9:25	Balance 4 Walking	Gym	Karen B.
8:35-9:05	GRIT® Cardio	Studio ABC	Kile
8:45-10:00	Vinyasa II Yoga	Studio NE	Tatiana
9:00-9:55	Cycle	Studio CS	Melissa
9:05-10:10	Cardio Splash	Pool	Megan T.
9:15-10:05	Pilates Barre	Studio ABC	Amy A.
9:15-10:15	BODYPUMP®	Studio D	Kile
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	Ali T.
9:00-9:55	Interval Condt.	Gym	Dani
9:15-10:15	BODYPUMP®	Studio D	Kile
10:15-11:30	Gentle Yoga	Studio NE	Ali T.

### SUNDAY

#### AM

9:00-9:55	Cycle	Studio CS	Staff**
<i>**please check app for weekly instructor</i>			
9:00-9:55	Interval Condt.	Studio D	Liz G.
9:30-10:00	GRIT Cardio	Studio ABC	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](http://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](mailto:mvazquez@nsymca.org)

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