

# NSYMCA GROUP EXERCISE SCHEDULE

## RESERVATIONS REQUIRED FOR ALL CLASSES



### GROUP EX. FALL I - August 23rd - September 19th)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:30am <b>Outdoor Front Circle</b> Vinyasa II Liz G.	5:30-6:15 am <b>Outdoor</b> Interval Conditioning Megan V.	5:15-6:00am <b>Outdoor</b> BODYPUMP® Kile	5:30-6:15am BODYCOMBAT® (GYM-15) Kile	5:15-6:00am <b>Outdoor</b> BODYPUMP® Allison	5:30-6:15am TONE® (GYM-15)Lina	7:00-7:45am Cycle (CS-6) Terry
8:30-9:15am <b>Outdoor</b> BODYCOMBAT® Kile	6:30-7:15am <b>Outdoor</b> BODYPUMP® Megan V.	5:30-6:15 <b>Outdr Frnt Circle Overhang</b> Cycle Terry	6:30-7:30am <b>Outdoor Front Circle</b> Vinyasa II Liz G.	5:30-6:15am <b>Outdr Frnt Circle Overhang</b> Cycle Terry	8:00-9:00am <b>Outdoor</b> Balance for Walking Karen B.	8:00-8:45am <b>Outdoor</b> Zumba® Nikki
8:30-9:15am RPM® (cycle) (CS-6) Liz C.	6:30-7:30am <b>Outdoor Front Circle</b> Vinyasa II Liz G.	9:00-9:45am <b>Outdr Frnt Circle Overhang</b> Cycle Melissa	7:30-8:15 <b>OUTDOOR</b> BODYPUMP® Anna	9:00-10:00am <b>Outdoor</b> Vinyasa II (NW-10) Nancy G.	8:30-9:00 GRIT® Cardio (D-10) Kile	8:30-9:00am GRIT® Cardio (D-10) Anne
9:30-10:00am CXWORX (30min. Core) (D-10) Liz C.	7:30-8:15am <b>Outdoor</b> TONE® Megan V.	9:15-10:00am <b>Indoor &amp; FB Live</b> Turbokick (D-10) Megan V.	9:00-9:45am <b>Outdr Frnt Circle Overhang</b> RPM® (cycle) (CS-6) Anna	9:15-10:00am <b>Indoor &amp; FB Live</b> Latin Fusion (D-10) Megan V.	9:15-10:00am BODYPUMP® (D-15) Kile	8:30-9:30am <b>Outdoor Front Circle</b> Vinyasa II Nancy
9:30-10:15am <b>Outdoor</b> BODYPUMP® Kile	8:00-9:00am <b>Outdoor</b> Balance for Walking Karen B.	10:00-10:45am (starts 9/1) <b>Outdoor</b> Tabata Intervals Myleen	9:15-10:00am <b>Outdoor &amp; FB Live</b> Interval Conditioning Megan V.	10:15-11:00am <b>Indoor &amp; FB Live</b> TBS (D-15) Megan V.	10:00-10:45am <b>Outdoor</b> Strength & Balance Myleen	9:15-10:00am BODYPUMP® (D-15) Anne
10:30-11:30 <b>Outdoor Front Circle</b> Hatha Multi-Level Yoga Suzanne	8:30-9:15am BODYPUMP® (D-15) Sheldon	10:15-11:00am <b>Indoor &amp; FB Live</b> TBS (D-15) Megan V.	10:00-10:45am (AOA) Basic Cardio** (D-12) Bridget		10:00-10:45am (AOA) Basic Cardio** (GYM-12) Anna	10:15-11:00am BODYCOMBAT® (D-10) Anne
	9:00-10:00am Hatha/Vinyasa I/II (NW-10) Debbie B.	11:15-12:15 (AOA) Chair Yoga** (D-15) Karen H.	10:15-10:45am <b>Outdoor &amp; FB Live</b> Core-n-More Megan V.			10:15-11:15am <b>Outdoor Front Circle</b> Gentle Yoga Debbie B.
	9:00-9:45am <b>Outdr Frnt Circle Overhang</b> RPM® (cycle) Anna					
	9:15-10:00am (starts 9/14) <b>FB Live ONLY</b> Pilates Barre Amy A.					
	10:00-10:45am (AOA) Basic Cardio** (D-12) Anna					
	<b>Mon. Evening</b>	<b>Tues. Evening</b>	<b>Wed. Evening</b>	<b>Thurs. Evening</b>	<p><b>CLICK BELOW TO MAKE RESERVATIONS (not for AOA classes)</b></p> <div style="background-color: #0070c0; color: white; padding: 5px; text-align: center; margin: 10px 0;"> <b>NSYMCA RESERVATION</b> </div> <p><b>Questions about the schedule:</b> Please contact: Megan Vazquez, Sr. Director of Wellness at 847-272-7250 ext. 1217 or mvazquez@nsymca.org Classes and instructors are subject to change.</p>	
	5:15-6:00pm <b>Outdoor</b> BODYPUMP® Sarah			5:15-6:00pm <b>Outdoor</b> BODYPUMP® Sarah		
	6:00-7:00pm <b>Outdoor</b> Vinyasa III Debbie M.	6:00-6:45pm <b>Outdoor</b> Zumba Dawn	6:00-6:45pm BODYCOMBAT® (D-10) Anne			
	6:00-6:45pm <b>Outdr Frnt Circle Overhang</b> Cycle Rob	7:00-8:00pm Hatha Vinyasa I/II Yoga (NE-10) Debbie B.	6:50-7:20pm CXWORX® (D-15) Anne			

**\*\*AOA Classes (Balance for Walking, Basic Cardio, & Chair Yoga) will run the entire Fall I Session (August 24th - October 25th) all members must register through CCC at the front desk or call 847-272-7250 ext. 1217.**





