

NSYMCA GROUP EXERCISE SCHEDULE

RESERVATIONS REQUIRED FOR ALL CLASSES



GROUP EX. FALL I: MONTH 2 - September 20th -October 24th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:30am Outdoor Front Circle Vinyasa II Liz G.	5:30-6:15 am Outdoor Interval Conditioning Megan V.	5:15-6:00am Outdoor BODYPUMP® Kile	5:30-6:15am BODYCOMBAT® (GYM-15) Kile	5:15-6:00am Outdoor BODYPUMP® Allison	5:30-6:15am TONE® (GYM-15)Lina	7:00-7:45am Outdr Frnt Circle Overhang Cycle Terry
8:30-9:15am Outdoor BODYCOMBAT® Kile		5:30-6:15am Outdr Frnt Circle Overhang Cycle Terry	6:30-7:30am Outdoor Front Circle Vinyasa II Liz G.	5:30-6:15am Outdr Frnt Circle Overhang Cycle Terry	8:00-9:00am Outdoor Balance for Walking Karen B.	8:00-8:45am Outdoor Zumba® Nikki
8:30-9:15am RPM® (cycle) (CS-6) Liz C.	6:30-7:30am Outdoor Front Circle Vinyasa II Liz G.	9:00-9:45am Outdr Frnt Circle Overhang Cycle Melissa	8:00-8:45am OUTDOOR BODYPUMP® Anna	9:00-10:00am Outdoor Vinyasa II Nancy G.	8:30-9:00 GRIT® Cardio (D-10) Kile	8:30-9:30am Outdoor Front Circle Vinyasa II Nancy
9:30-10:00am CXWORX (30min. Core) (D-10) Liz C.	8:00-8:45am Outdoor TONE® Megan V.	9:15-10:00am Indoor & FB Live Turbokick (D-10) Megan V.	9:00-9:45am Outdr Frnt Circle Overhang RPM® (cycle) Anna	9:15-10:00am Indoor & FB Live Latin Fusion (D-10) Megan V.	9:15-10:00am BODYPUMP® (D-12) Kile	9:00-9:45am BODYPUMP® (D-12) Allison
9:30-10:15am Outdoor BODYPUMP® Kile	8:00-9:00am Outdoor Balance for Walking Karen B.	10:00-10:45am Outdoor Tabata Intervals Myleen	9:15-10:00am Outdoor & FB Live Interval Conditioning Megan V.	10:15-11:00am Indoor & FB Live TBS (D-12) Megan V.	10:00-10:45am Outdoor Strength & Balance Myleen	10:00-10:45am BODYCOMBAT® (D-10) Allison
10:30-11:30 Outdoor Front Circle Hatha Multi-Level Yoga Suzanne	9:00-10:00am Hatha/Vinyasa I/II (NW-10) Debbie B.	10:15-11:00am Indoor & FB Live TBS (D-12) Megan V.	10:05-10:50am (AOA) Basic Cardio** (Gym-20) Bridget		10:00-10:50am (AOA) Basic Cardio** (GYM-20) Anna	10:15-11:15am Outdoor Front Circle Gentle Yoga Debbie B.
	9:00-9:45am Outdr Frnt Circle Overhang RPM® (cycle) Anna	11:15-12:15 (AOA) Chair Yoga** (D-12) Karen H.	10:15-10:45am Outdoor & FB Live Core-n-More Megan V.			
	9:15-10:00am BODYPUMP® (D-12) Sheldon					
	9:15-10:00am FB Live ONLY Pilates Barre Amy A.					
	10:05-10:50am (AOA) Basic Cardio** (Gym-20) Amy C.					
	Mon. Evening	Tues. Evening	Wed. Evening	Thurs. Evening		
	5:15-6:00pm Outdoor BODYPUMP® Sarah			5:15-6:00pm Outdoor BODYPUMP® Sarah	<p>CLICK BELOW TO MAKE RESERVATIONS (not for AOA classes)</p> <div style="border: 2px solid blue; padding: 5px; display: inline-block; margin: 10px 0;"> <p style="margin: 0;">NSYMCA RESERVATION</p> </div> <p>Questions about the schedule: 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>	
	6:00-6:45pm Outdr Frnt Circle Overhang Cycle Rob	6:00-6:45pm Outdoor Zumba Dawn	6:00-6:45pm BODYCOMBAT® (D-10) Anne			
	6:15-7:15pm Outdoor Vinyasa III Debbie M.	7:00-8:00pm Hatha Vinyasa I/II Yoga (NE-10) Debbie B.	6:50-7:20pm CXWORX® (D-12) 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.**