

North Suburban YMCA

2705 Techny Rd. Northbrook, IL 60062 * 847-272-7250 * www.nsymca.org

Free Group Fitness Schedule: Break Week I: August 14th - 20th

Monday 8/14	Tuesday 8/15	Wednesday 8/16	Thursday 8/17	Friday 8/18	Saturday 8/19	Sunday 8/20
Early AM 5:30-6:30pm Muscle Definition (D) Shari	Early AM 5:15-6:15 am BODYPUMP (D) Kile	Early AM 5:30-6:30am Boot Camp Interval (Gym) Kile	Early AM 5:30-6:30am Cycle (CS) Terry	Early AM 5:30-6:30am Fitness Xtreme (Gym) Kile	Early AM 7:00-8:00am Cycle (CS) Terry	
	5:30-6:30am Cycle (CS) Terry	6:45-7:15am GRIT Strength (D) Kile	5:30-6:30am Sunrise Yoga (AB) Debbie			
Morning 8:00-8:55am Circuit 55 (D) Rhonda	Morning 8:00-8:55am Circuit 55 (D) Rhonda	Morning 8:00-8:50am Strength & Balance (D) Anna H.	Morning 8:00-8:55am Metabolic Total Body (D) Rhonda	Morning 8:00-8:55am Metabolic Total Body (D) Rhonda	Morning 8:00-8:35am GRIT Plyo (D) Kile	Morning 8:00-9:00am BODYPUMP (D) Kile
9:00-10:00 am BODYPUMP (D) Megan V.	9:00-9:45am GRIT Strength (D) Megan V.	9:00-10:00am BODYPUMP (D) Anna H.	9:00-9:55am Cycle (CS) Dev	8:45-10:00am Yoga: Vinyasa II (AB) Tatiana	8:45-10:00am Yoga: Vinyasa II/III (AB) Alison T.	9:10-9:45am GRIT Cardio (D) Kile
9:00-9:55 am Cycle (CS) Megan T.	9:00-9:55am Cycle (CS) Melissa	9:00-9:55am Cycle (CS) Megan V.	9:00-10:15am Yoga: Vinyasa II (Y) Nancy G.	9:00-9:55 am Cycle (CS) Anna H.	9:00-10:00am BODYPUMP (D) Jaclyn	10:00-11:15am Hatha Yoga Multi-Level (NE) Suzanne
10:05-11:00am Basic Cardio (AB) Rhonda	9:00-9:55am Total Body Strength (AB) Rhonda	10:05-11:00am Basic Cardio (ABC) Bridget	9:05-10:00 Turbo TRICK (D) Megan V.	9:00-10:00am BODYPUMP (D) Kile	10:10-11:05am Cycle (CS) Jaclyn	
10:10-10:45am GRIT Cardio (D) Megan	9:15-10:10am TRX Circuit (YFWC) Roman		9:15-10:10am TRX Circuit (YFWC) Anna H.	10:15-11:10am Strength & Balance (D) Myleen	10:15-11:30am Gentle Yoga (AB) Alison T.	
	11:00-12:00pm Chair Yoga (AB) Karen H.		10:10-11:10am BODYPUMP (D) Megan V.			
Evening 5:00-6:00pm BODYPUMP (D) Anna H.	Evening 5:00-6:00pm BODYPUMP (D) Anna H.	Evening 5:00-5:35pm GRIT Cardio (D) Kile	Evening 5:15-6:00pm BODYPUMP Express (D) Jaclyn			
6:00-6:55pm Cycle (CS) Rob	6:00-6:55pm ZUMBA (D) Ali	6:00-7:00pm BODYPUMP (D) Kile	6:10-7:05 pm Cycle (CS) Jaclyn			
6:20-7:30pm Yoga: Vinyasa III (Y) Debbie M.	7:00-8:15pm Yoga: Hatha/Vinyasa I/II (YFWC) Debbie B.	7:00-8:15pm Yoga: Lunar (Y) Marcia				

Questions about the schedule?

























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

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

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Free Group Fitness Schedule: Break Week 2: August 21st-27th

Monday 8/21	Tuesday 8/22	Wednesday 8/23	Thursday 8/24	Friday 8/25	Saturday 8/26	Sunday 8/27
Early AM 5:30-6:30pm Muscle Definition (D) Shari	Early AM 5:15-6:15 am  (D) Kile	Early AM 5:30-6:30am Boot Camp Interval (Gym) Shari	Early AM 5:30-6:00am  Strength (D) Kile	Early AM 5:30-6:30am Fitness Xtreme (Gym) Kile		
			5:30-6:30am Sunrise Yoga (NE) Debbie			
Morning 8:00-8:55am Muscle Definition (ABC) Shari	Morning 8:00-8:50am Strength & Balance (ABC) Kile	Morning 8:00-8:50am Strength & Balance (ABC) Kile	Morning 8:00-8:55am Metabolic Total Body (ABC) Rhonda	Morning 8:00-8:55am Metabolic Total Body (ABC) Rhonda	Morning 8:00-8:35am  Strength (D) Kile	Morning 8:00-9:00am  (D) Kile
 Cardio (D) Megan V.		9:00-10:00am  (D) Anna H.	9:00-10:00am Outdoor Cycle Experience (Lobby) Lis C.	8:15-8:50am  Plyo (D) Megan V.	8:00-8:55 am  (ABC) Nikki	9:10-9:45am  Cardio (D) Kile
9:00-10:00 am  (D) Megan V.	9:00-9:45am  Strength (D) Kile	10:05-11:00am Basic Cardio (ABC) Bridget	9:05-10:00am  (D) Megan V.	8:45-10:00am Yoga: Vinyasa II (NE) Tatiana	8:45-10:00am Yoga: Vinyasa II/III (NE) Alison T.	10:00-11:15am Hatha Yoga Multi-Level (NE) Suzanne
	9:00-9:45am Total Body Strength (ABC) Megan V.	10:10-10:45am  Plyo (D) Kile	9:15-10:10am  Circuit (YFWC) Anna H.	9:00-10:00am  (D) Kile	9:00-10:00am  (D) Jaclyn	
	9:15-10:10am  Circuit (YFWC) Roman		10:10-11:10am  (D) Megan V.	10:15-11:10am Strength & Balance (D) Myleen	9:00-9:55am Interval Conditioning (Gym) Rhonda	
	11:00-12:00pm Chair Yoga (AB) Karen H.				10:15-11:30am Gentle Yoga (NE) Alison T.	
Evening 5:00-6:00pm  (D) Anna H.		Evening 5:00-5:35pm  Cardio (D) Megan V.	Evening 5:15-6:00pm  Express (D) Jaclyn			
6:20-7:30pm Yoga: Vinyasa III (Y) Debbie M.	6:00-6:55pm  (D) Ali	6:00-7:00pm  (D) Megan V.	6:00-6:35pm  Plyo (D) Kile			
	7:00-8:15pm Yoga: Hatha/Vinyasa I/II (YFWC) Debbie B.	7:00-8:15pm Yoga: Lunar (Y) Marcia				

The Outdoor Cycle Experience class will meet in front of the Y at 9:00 am for an outdoor riding experience. Members must bring their own bikes and helmets. In the event of inclement weather, the class will be cancelled.

Questions about the schedule?

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