

Group Fitness Schedule

North Suburban YMCA



April 3rd - June 11, 2017

MONDAY			
5:30-6:30 am	Muscle Definition	Shari	D
8:00-8:55am	TBC	Marlo	Gym
8:30-9:30am	BODYPUMP	Megan	D
9:00-9:55am	Pilates Barre	Amy A.	ABC
9:00-9:55am	Basic Cardio Plus	Amy C.	NE
9:05-10:00am	Cardio Splash	Marie	Pool
9:15-10:30am	Yoga: Hatha I/II	Suzanne	Y
9:30-10:25am	Cycle	Megan T.	D
9:40-10:35am	WERQ	Lisa P	CS
5:00-6:00 pm	BODYPUMP	Anna H.	D
6:00-7:00pm	Cycle	Rob	CS
6:10-7:05 pm	TBC	Amy C.	D
6:20-7:30pm	Yoga: Vinyasa III	Debbie M.	Y
7:00-7:45pm	TRX Circuit	Joe	YFWC
TUESDAY			
5:15-6:15 am	NEW! BODYPUMP	Kile	D
5:30-6:30 am	Cycle	Terry	CS
7:45-8:30am	Cardio Splash	Karl	Pool
8:00-8:55am	Step	Amy C.	D
8:30-9:25am	Balance for Walking	Karen B.	Gym
9:00-9:55am	Cycle	Melissa	CS
9:05-10:00am	Total Body Strength	Bethany	D
9:15-10:10 am	TRX Circuit	Roman	YFWC
9:15-10:25 am	Yoga: Iyengar	Jayne	NE
9:30-10:25 am	Pilates Barre	Myleen	ABC
11:00-12:00 pm	Yoga: Chair	Karen/Marcia	ABC
6:00-6:55 pm	ZUMBA	Ali	D
7:00-8:15 pm	Yoga: Hatha/Vinyasa I/II	Debbie B.	YFWC
7:05-8:05 pm	BODYPUMP	Kile	D
WEDNESDAY			
5:30-6:30 am	Boot Camp Interval	Kile	Gym
8:00-8:55 am	TBC	Marlo	Gym
8:30-9:30 am	BODYPUMP	Anna H.	D
9:00-9:55am	Pilates Barre	Amy A.	ABC
9:05-10:00 am	Cardio Splash	Randi	Pool
9:40-10:35 am	Cycle	Anna H.	CS
9:40-10:35 am	Dance Fusion	Megan V.	D
10:05-11:00 am	Basic Cardio	Bridget	ABC
1:00-2:15 pm	Lunchtime Yoga	Suzanne	NE
6:00-7:00 pm	BODYPUMP	Kile	D
7:00-8:15 pm	Yoga: Lunar	Marcia	Y
7:10-7:55 pm	HIIT Cardio	Kile	D

THURSDAY			
5:30-6:30 am	Cycle	Terry	CS
5:30-6:30 am	Yoga: Sunrise	Debbie M.	NE
8:00-8:55 am	Step & Strength	Amy C.	D
9:00-9:55 am	Cycle	Dev	CS
9:00-10:15 am	Yoga: Vinyasa II	Nancy	Y
9:05-10:00 am	Turbo TRICK	Megan V.	D
9:15-10:10 am	TRX Circuit	Anna H.	YFWC
10:10-11:10 am	BODYPUMP	Megan V.	D
5:15-6:00 pm	BODYPUMP Express	Jaclyn	D
6:10-7:05 pm	ZUMBA	Dawn	D
6:15-7:10 pm	Cycle	Jaclyn	CS
7:00-7:45 pm	TRX Circuit	Joe	YFWC
7:00-8:00 pm	Yoga: Beginner	Tatiana	Y
FRIDAY			
5:30-6:30 am	Fitness Xtreme	Kile	Gym
8:00-8:55 am	Metabolic Total Body	Rhonda	D
8:30-9:30 am	Balance For Walking	Karen B.	Gym
8:45-10:00 am	Yoga: Anusara Inspired	Wendy	NE
9:00-10:00 am	BODYPUMP	Kile	D
9:05-10:00 am	Cycle	Megan V.	CS
9:05-10:00 am	Cardio Splash	Randi	Pool
9:15-10:00 am	Pilates Barre Express	Myleen	ABC
10:05-11:00 am	Basic Cardio Plus	Rhonda	ABC
10:15-11:15 am	Yoga: Beginners	Tatiana	NE
10:15-11:10 am	Strength & Balance	Myleen	D
SATURDAY			
7:00-8:00 am	Cycle	Terry	CS
8:00-8:55 am	ZUMBA	Nicki	ABC
8:45-10:00 am	Yoga: Anusara Inspired	Wendy	NE
9:00-9:55 am	Interval Conditioning	Marlo	Gym
9:00-10:00am	BODYPUMP	Jaclyn	D
10:10-11:05 am	Cycle	Jaclyn	CS
10:15-11:30 am	Yoga: Therapeutic	Wendy	NE
SUNDAY			
8:00-9:00 am	BODYPUMP	Lis	D
9:15-10:10 am	TBC	Rhonda	D
9:15-10:10 am	Cycle	Lis	CS
10:00-11:15 am	Yoga: Hatha Multi-Level	Suzanne	NE

Questions about the schedule?

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

Classes and instructors are subject to change. Please see Group Exercise Schedule on www.nsmymca.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.

Balance for Walking (AOA*): Improve balance, coordination, walk in all directions, and meet new people who also enjoy walking! Come anytime during the 55 minutes

Basic Cardio Plus (AOA*): 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.

Boot Camp Interval: Boot camp is a combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. You get EVERYTHING you need!

Body Pump®: BODYPUMP™ is for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven moves and

techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

Cardio Splash (AOA*): A good high-level aerobic workout in the water without the joint-jarring and muscle-pounding effects of land exercises.

Cycle: Unique ride each time designed for people of all fitness levels looking for a high-energy, but challenging non-impact workout.

Dance Fusion: A high-intensity cardio dance class that combines various dance styles with sports drills to create a cardio filled class. All levels welcome!

Fitness Xtreme: Combination of hard-core cardio plus total muscular strength, agility, and power to get you stronger!

HIIT Cardio: This High Intensity Interval Training class will alternate between very intense bouts of exercise and low intensity exercise

Interval Conditioning: Interval training using intense and athletic exercises alternated with full body muscular toning.

Metabolic Total Body: This metabolic training workout will touch all muscle groups while also getting cardio benefits through elevated heart rate and compound movement

Muscle Definition: Multi-level resistance training class using any combination of weights, balls, bands to strengthen the entire body.

Pilates Barre: A Pilates inspired class using principles of Pilates, core conditioning, dance and the science of Physical Therapy to create a structurally balanced and muscularly defined body.

Step: Cardiovascular endurance class featuring advanced choreographed stepping patterns.

Step & Strength: A combination of advanced choreographed stepping patterns with strength training exercises.

TBC (Total Body Conditioning): Combines aerobic conditioning, strength and endurance exercises that improve all muscles of the body.

Total Body Strength: This class uses various resistance-training techniques (e.g. dumbbells, stability balls, bands) to improve muscular strength and endurance and develop muscle definition and elevate the body's metabolism by increasing lean muscle mass.

TRX Circuit: With this challenging, full body workout you will build strength, stamina, and increase total body mobility and stability. The TRX system challenges your stabilizers and your major muscle groups. No prior experience necessary!

Turbokick®: Get hooked on the Turbo high! With cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes, you'll get lean and toned—and have a blast doing it! It's high intensity, fast-paced, and totally addicting!

WERQ®: WERQ® is the fiercely fun dance fitness workout class based on pop, rock, and hip-hop music taught by Certified Fitness Professionals. The signature WERQ® warm-up previews the dance steps used in class and the signature WERQ™ cool-down includes balance and yoga inspired poses. Are you ready to WERQ®?

Zumba®: Combines Latin rhythms into cardiovascular dance exercise to create a routine that is fun and easy to follow.

YOGA:

Anusara Inspired: A heart centered teaching based on the 5 principles of alignment with a theme to each class.

Beginner: The class and its emphasis is on postural foundation and alignment of the body. A perfect class for the novice or anyone who would like a beginning approach to yoga.

Chair (AOA*): Need a mid-day break. Spend it stretching, strengthening, and getting focused.

Hatha I/II & (Multi-Level): New to yoga? Try this class for learning the basics and getting started. Increase flexibility, strength, and balance through fundamental poses, seated and standing while emphasizing the importance of breath. A way to manage and reduce stress and tension.

Hatha/Vinyasa I/II: Gentle stretching and opening in preparation for energetic flows pairing breath with movement designed to build strength, flexibility, stamina, and balance.

Lunar: Features mindful breathing in coordination with movement to promote flexibility and a sense of general well being. End your day feeling relaxed and renewed!

Lunchtime: This class is designed to provide you with that extra energy to get you through that afternoon drag and keep you invigorated throughout the day!

Sunrise: Start your day right with a yoga class!

Therapeutic: Yoga for people with physical ailments—knee, back, shoulder pain—to bring body into balance pain free.

Vinyasa II: Work deeper into asana (postures), using the vinyasa form (movement) and emphasizing the principles of mindfulness, building heat and stamina with flowing moves

Vinyasa III: Dynamic and physically demanding style of yoga is energetic and heating as it flows from one pose to the next. Great for building stamina and strength. Meditation is experienced through movement.

*AOA: Active Older Adults