

Group Fitness Schedule

North Suburban YMCA
October 23rd - December 23, 2017



MONDAY			
5:20-5:50 am	LEG MILLS GRIT Cardio	Kile	D
5:30-6:30 am	Muscle Definition	Shari	Gym
8:00-8:55am	Circuit 55	Rhonda	Gym
8:30-9:00 am	LEG MILLS GRIT Plyo	Kile	D
9:00-9:55am	Cycle	Megan T.	CS
9:05-10:05am	LEG MILLS BODYPUMP	Megan V.	D
9:05-10:00am	Pilates Barre	Amy A.	ABC
9:05-10:00am	Cardio Splash	Marie	Pool
10:10-11:05am	Basic Cardio Plus	Amy C.	ABC
NEW! 12:15-12:45 pm	LEG MILLS GRIT Cardio	Megan V.	D
5:00-6:00 pm	LEG MILLS 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
TUESDAY			
5:15-6:15 am	LEG MILLS 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
9:00-9:55am	Total Body Strength	Rhonda	D
9:00-9:55 am	TRX Circuit	Roman	YFWC
9:15-9:45am	LEG MILLS GRIT Cardio	Kile	ABC
9:15-10:30 am	Yoga: Iyengar	Jayne	NE
NEW! 10:05-11:00 am	TRX Circuit	Roman	YFWC
11:00-12:00 pm	Yoga: Chair	Karen	ABC
12:15-12:45pm	LEG MILLS BODYPUMP Express	Megan V.	D
6:00-6:55 pm	ZUMBA	Ali	D
7:00-8:15 pm	Yoga: Hatha/Vinyasa I/II	Debbie B.	YFWC
WEDNESDAY			
5:20-5:50 am	LEG MILLS GRIT Strength	Kile	D
5:30-6:30 am	TBC	Danny	Gym
8:00-8:55 am	Strength & Balance	Anna H.	Gym
8:30-9:00 am	LEG MILLS GRIT Strength	Megan V.	D
9:05-10:00 am	Cycle	Megan V.	CS
9:05-10:00am	Pilates Barre	Amy A.	ABC
9:05-10:05 am	LEG MILLS BODYPUMP	Anna H.	D
9:05-10:00 am	Cardio Splash	Randi	Pool
10:10-11:05 am	Basic Cardio	Bridget	D
NEW! 12:15-12:45pm	LEG MILLS GRIT Strength	Megan V.	D
1:00-2:15 pm	Lunchtime Yoga	Suzanne	NE
6:00-7:00 pm	LEG MILLS BODYPUMP	Kile	
7:00-8:15 pm	Yoga: Lunar	Marcia	Y

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	LEG MILLS BODYPUMP	Megan V.	D
NEW! 1:00-1:45 pm	TRX Circuit	Roman	YFWC
5:15-6:00 pm	LEG MILLS BODYPUMP Express	Jaclyn	D
NEW! 6:10-7:05 pm	Cycle	Jaclyn	CS
6:10-7:05 pm	ZUMBA	Dawn	D
7:00-8:00 pm	Yoga: Vinyasa Multi-Level	Tatiana	Y
FRIDAY			
5:30-6:30 am	Fitness Xtreme	Kile	Gym
8:00-8:55 am	Metabolic Total Body	Rhonda	D
8:30-9:00 am	LEG MILLS GRIT Cardio	Kile/Megan	ABC
8:30-9:30 am	Balance For Walking	Karen B.	Gym
8:45-10:00 am	Yoga: Vinyasa II	Tatiana	NE
9:00-10:00 am	Cycle	Anna H.	CS
9:05-10:00 am	LEG MILLS BODYPUMP	Kile	D
9:05-10:00 am	Cardio Splash	Randi	Pool
10:10-11:05 am	Basic Cardio Plus	Rhonda	ABC
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
8:30-9:00 am	LEG MILLS GRIT Strength	Kile	D
8:45-10:00 am	Yoga: Vinyasa II & III	Alison T.	NE
9:00-9:55 am	Interval Conditioning	Anna H.	Gym
9:05-10:05am	LEG MILLS BODYPUMP	Kile	D
10:15-11:30 am	Gentle Yoga	Alison T.	NE
SUNDAY			
8:00-9:00 am	LEG MILLS BODYPUMP	Anne Z.	D
9:00-9:55 am	Cycle	Lis/Jaclyn	CS
9:15-10:10 am	TBC	Rhonda	D
9:15-9:45 am	LEG MILLS GRIT Cardio	Anne Z.	ABC
10:00-11:15 am	Yoga: Hatha Multi-Level	Suzanne	NE

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.

Questions about the schedule?

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

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.

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.

Circuit 55: This 55 minute class incorporates cardio and strength training segments, increasing the overall intensity of the class. Focuses on all major muscle groups to improve muscular tone, endurance, strength, and cardiovascular fitness.

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

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

GRIT® Cardio: The 30-minute high-intensity interval training workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.

GRIT® Plyo: The 30-minute high-intensity interval training workout plyometric-based workout, designed to make you perform like an athlete.

GRIT® Strength: The 30-minute high-intensity interval training workout, designed to improve strength and build lean muscle

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.

Strength & Balance: Non-aerobic, low impact class that will improve muscular strength, endurance, flexibility and balance.

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!

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

YOGA:

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

Gentle Yoga: Traditional Yoga poses are applied. This class lets your body be your guide. No single pose is required and modifications are available for every pose letting you determine when you're more flexible or ready for more challenging poses.

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.

Iyengar: focuses on attention to detail and body alignment. Iyengar yoga uses props to make the practice more accessible for all people. This method is designed to systematically cultivate strength, flexibility, stability, and awareness, and is therapeutic for specific conditions.

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!

Vinyasa I: In introductory class that will prepare you for a more vigorous and athletic approach to yoga by utilizing flowing poses and sequences linked to breath.

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.

Vinyasa Multi-Level: This multi-level class will provide instruction for beginners to experienced.

*AOA: Active Older Adults