

Group Fitness Schedule

North Suburban YMCA

August 28th—October 22, 2017

Updated 9/28/2017



MONDAY			
5:20-5:50 am	NEW! GRIT Cardio	Kile	D
5:30-6:30 am	Muscle Definition	Shari	Gym
8:00-8:55 am	Circuit 55	Rhonda	Gym
8:30-9:00 am	NEW! GRIT Plyo	Kile	D
9:00-9:55 am	Cycle	Megan T.	CS
9:05-10:05 am		Megan V.	D
9:05-10:00 am	Pilates Barre	Amy A.	ABC
9:05-10:00 am	Cardio Splash	Marie	Pool
10:10-11:05 am	Basic Cardio Plus	Amy C.	ABC
1:15-1:45 pm	NEW! GRIT Cardio	Megan V.	D
5:00-6:00 pm		Anna H.	D
6:00-7:00 pm	Cycle	Rob	CS
6:10-7:05 pm	TBC	Amy C.	D
6:20-7:30 pm	Yoga: Vinyasa III	Debbie M.	Y
TUESDAY			
5:15-6:15 am		Kile	D
5:30-6:30 am	Cycle	Terry	CS
7:45-8:30 am	Cardio Splash	Karl	Pool
8:00-8:55 am	Step	Amy C.	D
8:30-9:25 am	Balance for Walking	Karen B.	Gym
9:00-9:55 am	Cycle	Melissa	CS
9:00-9:55 am	Total Body Strength	Rhonda	D
9:15-10:10 am	TRX Circuit	Roman	YFWC
9:15-9:45 am	NEW! GRIT Cardio	Kile	ABC
9:15-10:30 am	Yoga: Iyengar	Jayne	NE
11:00-12:00 pm	Yoga: Chair	Karen	ABC
12:15-12:45 pm	NEW! Express	Megan V.	D
6:00-6:55 pm		Ali	D
6:00-6:55 pm	NEW! Cycle	Jaclyn	CS
7:00-8:15 pm	Yoga: Hatha/Vinyasa I/II	Debbie B.	YFWC
7:05-7:50 pm	Express	Jaclyn	D
WEDNESDAY			
5:20-5:50 am	NEW! GRIT Strength	Kile	D
5:30-6:30 am	TBC	Danny	Gym
8:00-8:55 am	NEW! Strength & Balance	Anna H.	Gym
8:30-9:00 am	GRIT Strength	Megan V.	D
9:05-10:00 am	Cycle	Megan V.	CS
9:05-10:00 am	Pilates Barre	Amy A.	ABC
9:05-10:05 am		Anna H.	D
9:05-10:00 am	Cardio Splash	Randi	Pool
10:10-11:05 am	Basic Cardio	Bridget	ABC
1:00-2:15 pm	Lunchtime Yoga	Suzanne	NE
1:15-1:45 pm	NEW! GRIT Strength	Megan V.	D
6:00-7:00 pm		Kile	D
7:05-7:35 pm	NEW! GRIT Strength	Kile	D
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		Megan V.	D
9:15-10:10 am	TRX Circuit	Anna H.	YFWC
10:10-11:10 am		Megan V.	D
5:15-6:00 pm	Express	Jaclyn	D
6:10-7:05 pm		Dawn	D
7:00-8:00 pm	NEW! Yoga: Vinyasa II & III	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	NEW! 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		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		Nicki	ABC
8:30-9:00 am	NEW! GRIT Strength	Kile	D
8:45-10:00 am	Yoga: Vinyasa II & III	Alison T.	NE
9:00-9:55 am	Interval Conditioning	Rhonda/Anna/Megan	Gym
9:05-10:05 am		Kile	D
10:15-11:30 am	Gentle Yoga	Alison T.	NE
SUNDAY			
8:00-9:00 am		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	NEW! GRIT Cardio	Anne Z.	ABC
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.

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.