

GROUP EXERCISE SCHEDULE

NORTH SUBURBAN YMCA

Fall Session: August 27th – December 23rd



MONDAY

AM			
5:30-6:00	GRIT® Cardio	Studio D	Kile
5:30-6:30	Interval Cond.	Gym	Nikki
8:00-8:55	Interval Cond.	Gym	Gilda
8:35-9:05	GRIT® Cardio	Studio D	Kile
9:00-9:55	Pilates Barre	Studio ABC	Amy A.
9:05-10:00	Cardio Splash	Pool	Marie
9:10-10:05	Cycle	Studio CS	Gilda
9:15-10:15	BODYPUMP®	Studio D	Megan V.
10:15-11:10	Basic Cardio Plus	Studio ABC	Amy C.
10:20-11:15	Taboga	Studio D	Myleen
PM			
4:30-5:00	Cycle Xpress	Studio CS	Anna
5:15-6:00	BODYPUMP® Xpress	Studio D	Anna
6:00-7:00	Vinyasa III Yoga	Studio NE	Debbie M.
6:00-6:55	Cycle	Studio CS	Rob
6:10-7:05	TBC	Studio D	Amy C.

TUESDAY

AM			
5:15-6:15	BODYPUMP®	Studio D	Kile
5:30-6:30	Cycle	Studio CS	Terry
7:45-8:30	Cardio Splash	Pool	Karl
8:00-8:55	Step	Studio D	Amy
8:30-9:25	Balance 4 Walking	Gym	Karen B.
9:00-9:55	Cycle	Studio CS	Melissa
9:15-10:10	STRONG® by Zumba	Studio D	Megan V.
9:15-10:10	TRX® Circuit	Studio YFWC	Roman
9:15-10:30	Vinyasa I Yoga	Studio NE	Linda V.
	(starts 9/4)		
10:15-11:00	Total Body Str.	Studio D	Megan V.
11:15-12:15	Chair Yoga	Studio ABC	Karen H.
Afternoon			
12:15-1:00	Interval Cond.	Studio D	Dani
	(starts 9/4)		
PM			
6:00-6:55	Zumba®	Studio D	Cam
7:00-8:15	Hatha/Vinyasa I/II Yoga	Studio YFWC	Debbie B.

WEDNESDAY

AM			
5:30-6:00	GRIT® Strength	Studio D	Kile
5:30-6:30	Interval Cond.	Gym	Dawn
8:00-8:55	Strength & Balance	Gym	Anna
8:00-8:55	Zumba®	Studio D	Megan V.
8:35-9:05	GRIT® Strength	Studio ABC	Kile
9:10-10:05	Cycle	Studio CS	Megan V.
9:15-10:10	Barre Sculpt	Studio ABC	Kerry
9:15-10:05	BODYPUMP®	Studio D	Anna
10:15-11:10	Basic Cardio Plus	Studio ABC	Bridget
Afternoon			
12:15-1:10	TRX® Circuit	Studio YFWC	Roman
1:00-2:15	Hatha Multi-Level Yoga	Studio NE	Suzanne

WEDNESDAY (continued)

PM			
5:30-6:00	Cycle Xpress	Studio CS	Anna
6:00-6:55	BODYPUMP®	Studio D	Kile
7:00-8:15	Alignment Yoga	Studio NE	Marcia

THURSDAY

AM			
5:30-6:30	Cycle	Studio CS	Terry
5:30-6:30	Sunrise Yoga	Studio ABC	Debbie M.
8:00-8:55	Step & Strength	Studio D	Amy C.
9:00-9:55	Cycle	Studio CS	Dev
	(class will end 10/18)		
9:00-10:15	Vinyasa II Yoga	Studio NE	Nancy
9:10-9:55	Barre Strength	Studio ABC	Gilda
9:15-10:10	Turbokick®	Studio D	Megan V.
9:15-10:10	TRX® Circuit	Studio YFWC	Roman
10:10-11:05	ZUMBA® Gold	Studio NW	Ali M.
10:15-11:15	BODYPUMP®	Studio D	Megan V.
PM			
6:00-6:55	Zumba®	Studio D	Dawn

FRIDAY

AM			
5:30-6:30	Fitness Xtreme	Gym	Kile
5:30-6:30	Zumba	Studio D	Nikki
8:00-8:55	Interval Cond.	Studio D	Megan
8:30-9:25	Balance 4 Walking	Gym	Karen B.
8:35-9:05	GRIT® Cardio	Studio ABC	Kile
8:45-10:00	Vinyasa II Yoga	Studio NE	Tatiana
9:00-9:55	Cycle (starts 9/14)	Studio CS	Melissa
9:15-10:10	Pilates Barre	Studio ABC	Amy A.
9:15-10:15	BODYPUMP®	Studio D	Kile
10:15-11:05	Basic Cardio Plus	Studio ABC	Anna
10:20-11:15	Str. & Balance	Studio D	Myleen

SATURDAY

AM			
7:00-8:00	Cycle	Studio CS	Terry
7:55-8:55	Zumba®	Studio D	Nikki
8:30-9:00	GRIT® Cardio	Studio ABC	Kile
8:45-10:00	Vinyasa II & III Yoga	Studio NE	Ali T.
9:00-9:55	Interval Cond.	Gym	Dani
9:15-10:15	BODYPUMP®	Studio D	Kile
10:15-11:30	Gentle Yoga	Studio NE	Ali T.

SUNDAY

AM			
9:00-9:55	Cycle (starts 9/30)	Studio CS	Ashley
9:00-9:55	Interval Cond.	Gym	Liz G.
10:00-11:15	Hatha Multi Level Yoga	Studio NE	Suzanne
10:15-11:15	BODYPUMP®	Studio D	Sheldon

Classes and instructors are subject to change. Please see Group Exercise Schedule on www.nsymca.org or the mobile app for the most up to date information on class 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, Sr. Director of Wellness at 847-272-7250 ext. 1217 or mvazquez@nsymca.org