

# Group Fitness Schedule

North Suburban YMCA the  
January 8th - March 25, 2018



MONDAY				
5:20-5:50 am	<b>GRIT</b> Cardio	Kile	D	
5:30-6:30 am	Muscle Definition	Shari	Gym	
8:00-8:55am	Interval Conditioning	Gilda	Gym	
8:40-9:10 am	<b>GRIT</b> Plyo	Kile	D	
9:00-9:55am	Pilates Barre	Amy A.	ABC	
9:05-10:00am	Cardio Splash	Marie	Pool	
9:10-10:05 am	Cycle	Megan T.	CS	
9:15-10:15am	<b>BODYPUMP</b>	Megan V.	D	
10:10-11:05am	Basic Cardio Plus	Amy C.	ABC	<b>AOA</b>
12:15-12:45 pm	<b>GRIT</b> Strength	Megan V.	D	
5:00-6:00 pm	<b>BODYPUMP</b>	Anna H.	D	
6:00-7:00pm	Cycle	Rob	CS	
6:00-7:15 pm	Vinyasa III Yoga	Debbie M.	Y	
6:10-7:05 pm	TBC	Amy C.	D	
TUESDAY				
5:15-6:15 am	<b>BODYPUMP</b>	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	<b>AOA</b>
9:00-9:55am	Cycle	Melissa	CS	
9:15-10:10am	<b>STRONG</b>	Megan V.	D	
9:15-10:10 am	<b>TRX</b> Circuit	Roman	YFWC	
9:15-10:30 am	Iyengar Yoga	Jayne	NE	
10:15-11:00 am	Total Body Strength	Megan V.	D	
10:15-11:10 am	<b>TRX</b> Circuit	Roman	YFWC	
11:15-12:15 pm	Yoga: Chair	Karen	ABC	
12:15-12:45pm	<b>BODYPUMP</b> Express	Megan V	D	
6:00-6:55 pm	<b>ZUMBA</b>	Ali	D	
7:00-8:15 pm	Hatha/Vinyasa I/II Yoga	Debbie B.	YFWC	
WEDNESDAY				
5:20-5:50 am	<b>GRIT</b> Strength	Kile	D	
5:30-6:30 am	TBC	Danny	Gym	
8:00-8:55 am	Strength & Balance	Anna H.	Gym	
8:00-8:50 am	<b>ZUMBA</b>	Megan V.	ABC	
8:40-9:10 am	<b>GRIT</b> Strength	Kile	D	
9:00-9:55 am	Pilates Barre	Amy A.	ABC	
9:05-10:05 am	Cardio Splash	Randi	Pool	
9:10-10:05 am	Cycle	Megan V.	CS	
9:15-10:10 am	<b>BODYPUMP</b>	Anna H.	D	
10:10-11:05 am	Basic Cardio	Bridget	ABC	<b>AOA</b>
12:15-1:10 pm	<b>TRX</b> Circuit	Roman	YFWC	
1:00-2:15 pm	Lunchtime Yoga	Suzanne	NE	
6:00-7:00 pm	<b>BODYPUMP</b>	Kile	D	
7:00-8:15 pm	Lunar Yoga	Marcia	Y	

THURSDAY				
5:30-6:30 am	Cycle	Terry	CS	
5:30-6:30 am	Sunrise Yoga	Debbie	NE	
8:00-8:55 am	Step & Strength	Amy C.	D	
9:00-9:55 am	Cycle	Dev	CS	
9:00-10:15 am	Vinyasa II Yoga	Nancy	Y	
9:05-10:00 am	<b>TURBO TRICK</b>	Megan V.	D	
9:10-9:55 am	<b>NEW!</b> Barre Strength	Gilda	ABC	
9:15-10:10 am	<b>TRX</b> Circuit	Anna H.	YFWC	
10:10-11:10 am	<b>BODYPUMP</b>	Megan	D	
5:15-6:00 pm	<b>BODYPUMP</b> Express	Jaclyn	D	
6:10-7:05 pm	Cycle	Jaclyn	CS	
6:10-7:05 pm	<b>ZUMBA</b>	Dawn	D	
7:00-8:00 pm	Vinyasa Multi-Level Yoga	Tatiana	Y	

FRIDAY				
5:30-6:30 am	Fitness Xtreme	Kile	Gym	
5:30-6:30 am	<b>NEW!</b> <b>ZUMBA</b>	Nikki	D	
8:00-8:55 am	Metabolic Total Body	Rhonda	D	
8:40-9:10 am	<b>GRIT</b> Cardio	Kile	ABC	
8:30-9:30 am	Balance For Walking	Karen B.	Gym	<b>AOA</b>
8:45-10:00 am	Vinyasa II Yoga	Tatiana	NE	
9:00-9:55 am	Cycle	Anna H.	CS	
9:05-10:00 am	Cardio Splash	Randi	Pool	
9:15-10:15 am	<b>BODYPUMP</b>	Kile	D	
10:10-11:05 am	Basic Cardio Plus	Rhonda	ABC	<b>AOA</b>
10:20-11:15 am	Strength & Balance	Myleen	D	

SATURDAY				
7:00-8:00 am	Cycle	Terry	CS	
8:00-8:55 am	<b>ZUMBA</b>	Nicki	D	
8:30-9:00 am	<b>GRIT</b> Cardio	Kile	ABC	
8:45-10:00 am	Vinyasa II & III	Alison T.	NE	
9:00-9:55 am	Interval Conditioning	Danny	Gym	
9:10-10:10am	<b>BODYPUMP</b>	Kile	D	
10:15-11:30 am	Gentle Yoga	Alison T.	NE	








SUNDAY				
8:00-9:00 am	<b>BODYPUMP</b>	Anne Z.	D	
9:00-9:55 am	Cycle	Shari B.	CS	
9:15-10:10 am	TBC	Rhonda	D	
9:15-9:45 am	<b>GRIT</b> Cardio	Anne Z.	ABC	
10:00-11:15 am	Hatha Multi-Level Yoga	Suzanne	NE	

## Class Descriptions:

- Barre Strength:** Mixes elements of Pilates, dance, and yoga with moves that are choreographed to motivating music. This class will use the barre and exercise equipment such as mini-balls and small hand weights to sculpt, slim, and stretch your entire body.
- Balance for Walking (AOA\*):** Improve balance, coordination, the ability to 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.
- BODYPUMP™:** 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.
- 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 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.
- STRONG by Zumba®:** Combines bodyweight muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.
- 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:** An 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 that 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.

KEY	
	Cardio Only
	Strength Only
	Combo (Strength/ Cardio)
	Yoga/Pilates
	Combo (Yoga/Pilates & Strength)
	Water Based Class
	Active Older Adults

Classes and instructors are subject to change. Please see Group Exercise Schedule on [www.nsymca.org](http://www.nsymca.org) or the 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:  
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