

GROUP EXERCISE SCHEDULE

NORTH SUBURBAN YMCA

RESTORATION WEEK I: AUGUST 13TH – 19TH



MONDAY 8/13

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
5:30-6:00	GRIT® Cardio	Studio D	Kile
8:00-8:55	Interval Condt.	Studio D	Kile
9:15-10:15	BODYPUMP®	Studio D	Sheldon
PM			
5:00-6:00	BODYPUMP®	Studio D	Anna
6:00-7:00	Vinyasa III Yoga	Studio NE	Debbie M.

TUESDAY 8/14

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
5:15-6:15	BODYPUMP®	Studio D	Kile
8:00-8:45	Cardio Intervals	Studio D	Kile
9:15-10:10	TRX Circuit	Studio YFWC	Roman
9:15-10:10	Cycle	Studio CS	Lis
10:20-11:20	BODYPUMP®	Studio D	Lis
11:15-12:15	Chair Yoga	Studio NE	Karen H.
PM			
6:00-6:55	Zumba®	Studio D	Dawn
7:00-8:15	Hatha/Vinyasa I/II Yoga	Studio NE	Debbie B.

WEDNESDAY 8/15

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
5:30-6:00	GRIT® Cardio	Gym	Kile
5:30-6:30	TBC	Studio D	Dawn
8:00-8:55	Interval Condt.	Studio D	Kile
9:15-10:10	Barre Sculpt	Studio NW	Kerry
10:20-11:15	Basic Cardio	Studio D	Bridget
PM			
6:00-6:55	BODYPUMP®	Studio D	Kile
7:00-8:15	Lunar Yoga	Studio NE	Marcia

THURSDAY 8/16

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
5:30-6:30	Sunrise Yoga	Studio NE	Debbie M.
9:15-10:10	Cycle	Studio CS	Dev
9:15-10:10	Turbokick®	Studio D	Megan V.
9:15-10:10	TRX Circuit	Studio YFWC	Roman
9:15-10:30	Vinyasa II Yoga	Studio NW	Nancy
10:15-11:15	BODYPUMP®	Studio D	Megan V.
PM			
6:00-6:55	Zumba®	Studio D	Dawn

FRIDAY 8/17

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
5:30-6:30	Fitness Xtreme	Studio D	Kile
8:00-8:55	Interval Condt.	Studio D	Megan
8:45-10:00	Vinyasa II Yoga	Studio NW	Tatiana
9:15-10:15	BODYPUMP®	Studio D	Kile
10:20-11:15	Str. & Balance	Studio D	Myleen

SATURDAY 8/18

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
7:55-8:55	Zumba®	Studio D	Cam
8:45-10:00	Vinyasa II & III Yoga	Studio NE	Ali T.
9:15-10:15	BODYPUMP®	Studio D	Kile
10:15-11:30	Gentle Yoga	Studio NE	Ali T.

SUNDAY 8/19

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
9:15-10:10	Interval Condt.	Studio D	Shari
10:00-11:15	Hatha Multi Level Yoga	Studio NE	Wendy
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 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

847-272-7250 ext. 1217 mvazquez@nsymca.org

GROUP EXERCISE SCHEDULE

NORTH SUBURBAN YMCA

RESTORATION WEEK II: AUGUST 20TH – 26TH



MONDAY 8/20

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
5:30-6:30	Interval Condt.	Studio D	Nikki
8:00-9:00	Interval Condt.	Studio D	Megan V.
9:15-10:10	Cycle	Studio CS	Megan T.
9:15-10:15	BODYPUMP®	Studio D	Megan V.
10:20-11:15	NEW! Taboga	Studio D	Myleen
PM			
6:00-7:00	Vinyasa III Yoga	Studio NE	Debbie M.

FRIDAY 8/24

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
5:30-6:30	Fitness Xtreme	Studio D	Kile
8:00-8:55	Interval Condt.	Studio D	Megan V.
8:45-10:00	Vinyasa II Yoga	Studio NW	Tatiana
9:15-10:15	BODYPUMP®	Studio D	Megan
10:20-11:15	Str. & Balance	Studio D	Myleen

SATURDAY 8/25

TUESDAY 8/21

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
5:15-6:15	BODYPUMP®	Studio D	Kile
9:15-10:10	TRX Circuit	Studio YFWC	Roman
9:15-10:10	Strong® by Zumba	Studio D	Megan V.
9:15-10:30	Vinyasa I	Studio NW	Ali T.
9:15-10:10	Cycle	Studio CS	Melissa
10:15-11:00	Total Body Str.	Studio D	Megan V.
11:15-12:15	Chair Yoga	Studio NW	Karen
PM			
6:00-6:55	Zumba®	Studio D	Dawn
7:00-8:15	Hatha/Vinyasa I/II Yoga	Studio NE	Debbie B.

No Group Ex. Classes.

Join us at



<http://nsymca.org/50-Fest>

WEDNESDAY 8/22

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
5:30-6:30	TBC	Studio D	Dawn
8:00-8:55	Zumba®	Studio D	Megan V.
9:15-10:10	Barre Sculpt	Studio NW	Kerry
9:15-10:10	Cycle	Studio CS	Megan V.
10:20-11:15	Basic Cardio	Studio D	Megan V.
PM			
6:00-6:55	BODYPUMP®	Studio D	Kile
7:00-8:15	Lunar Yoga	Studio NE	Marcia

THURSDAY 8/23

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
5:30-6:30	Sunrise Yoga	Studio NE	Debbie M.
9:15-10:10	Cycle	Studio CS	Dev
9:15-10:10	Turbokick®	Studio D	Megan V.
9:15-10:10	TRX Circuit	Studio YFWC	Roman
9:15-10:30	Vinyasa II Yoga	Studio NW	Nancy
10:15-11:15	BODYPUMP®	Studio D	Megan V.
PM			
6:00-6:55	Zumba®	Studio D	Dawn

SUNDAY 8/26

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
10:00-11:15	Hatha Multi Level Yoga	Studio NE	Suzanne
10:15-11:15	BODYPUMP®	Studio D	Sheldon

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