



& IN-PERSON GROUP EX. SCHEDULE

**RESERVATIONS ARE NO LONGER REQUIRED FOR GROUP EX. CLASSES.
ALL CLASSES ARE FIRST COME, FIRST SERVE.**

SUNDAY, JUNE 13TH - SATURDAY, AUGUST 14TH

Sunday	Monday**	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:15 am IN-PERSON & NSY Live TONE® Allison (D)	5:30-6:15am IN-PERSON & NSY Live BODYPUMP® Kile (D)	5:30-6:15AM IN-PERSON & NSY Live BODYCOMBAT® Kile (D)	5:30-6:15am IN-PERSON & NSY Live BODYPUMP® Allison (D)	5:30-6:15am IN-PERSON TONE® Lina (D)	7:00-7:45 am OUTDOOR Cycle Terry (FCOH)
	6:30-7:30 am OUTDOOR Vinyasa II Linda V. (FC)	5:30-6:15 am OUTDOOR Cycle Terry (FCOH)	6:30-7:30 am IN-PERSON & NSY Live Vinyasa II Liz G. (ABC)	5:30-6:15am OUTDOOR Cycle Terry (FCOH)	8:00-8:45 am OUTDOOR Strength & Balance Myleen (LD)	8:00-8:45 am OUTDOOR Zumba® Nikki (LD)
	8:00-8:45 am OUTDOOR Interval Conditioning Megan (LD)	8:00-8:45 am OUTDOOR Tabata Intervals Myleen (LD)	8:00-8:45 am OUTDOOR BODYPUMP Anna (LD)	7:45-8:45 am OUTDOOR Vinyasa II Nancy (LD)	8:30-9:00 am IN-PERSON GRIT® Kile (D)	9:00-9:45am IN-PERSON & NSY Live BODYPUMP® Allison (D)
8:15-9:00 am IN-PERSON & NSY Live Barre Intensity® Lina (ABC)	9:15-10:00 am IN-PERSON & NSY Live BODYPUMP® Megan (D)	8:15-9:00 am OUTDOOR Cycle Melissa (FCOH)	9:15-10:00 am IN-PERSON & NSY Live Turbokick® Megan (D)	9:15-10:00am IN-PERSON & NSY Live TONE® Megan V. (D)	9:15-10:00 am IN-PERSON & NSY Live Barre Intensity® Lina (AB)	10:00-10:45am IN-PERSON & NSY Live BODYCOMBAT® Allison (D)
8:30-9:15 am OUTDOOR RPM® Anna (FCOH)	10:15-10:45am IN-PERSON & NSY Live CORE® Anna (D)	9:15-10:00 am IN-PERSON & NSY Live Yoga Sculpt Felicity (ABC)	10:15-11:00 am IN-PERSON & NSY Live Strength & Balance Megan (D)	10:15-11:00 am IN-PERSON & NSY Live BODYPUMP® Megan V. (D)	9:15-10:00 am IN-PERSON BODYPUMP® Kile (D)	10:15-11:15am OUTDOOR Gentle Yoga Debbie B (FC)
9:15-9:45 am IN-PERSON & NSY Live GRIT® Kile (D)		10:15-11:00 am IN-PERSON & NSY Live TONE® Megan (D)				
10:00-10:45 am IN-PERSON & NSY Live BODYPUMP® Kile (D)						
10:00-11:00 am OUTDOOR Hatha Multi-Level Yoga Suzanne (FC)	Evening 5:15-6:00pm OUTDOOR BODYPUMP® Sarah (LD)	Evening 6:00-6:45 pm IN-PERSON & NSY Live Zumba Dawn (D)	Evening 5:15-6:00pm IN-PERSON BODYPUMP® Sarah (D)	Evening 5:15-5:45pm IN-PERSON & NSY Live CORE® Anna (D)	<p>Questions about the schedule? Please contact: Megan Vazquez Sr. Director of Sports & Wellness 847-272-7250 ext. 1217 mvazquez@nsymca.org Classes and instructors are subject to change.</p> <p>updated 6/11/2021</p>	
	6:00-6:45 OUTDOOR Cycle Rob (FCOH)	6:00-6:45 pm IN-PERSON & NSY Live Zumba Dawn (D)	6:15-6:45 pm IN-PERSON CORE® Sarah (D)	6:00-6:45pm OUTDOOR RPM® Anna (FCOH)		
	6:15-6:45pm OUTDOOR CORE® Sarah (LD)	7:00-8:00 pm IN-PERSON Hatha/Vinyasa I/II Yoga Debbie B. (NE)		7:00-8:00 pm IN-PERSON Hatha/Vinyasa I/II Yoga Debbie B. (NE)		