



# YMCA Group Exercise Schedule

Effective Sunday, April 15<sup>th</sup> – Saturday, June 9<sup>th</sup>



\*\*For questions, comments, or suggestions regarding Group Exercise Schedule please contact: Laura Morgan, Fitness Director, 630-929-2482

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>5:00-5:55am <b>*Y Boot Camp IA</b> GY, Laura</p> <p>6:00-6:55am <b>Y Cycle</b> CS, Laura</p> <p>9:00-9:55am <b>*Y Boot Camp</b> GY, Rachel</p> <p>10:00-10:55am <b>PiYo®</b> GY, Kathy</p> <p>4:00-4:45pm <b>Youth Fitness</b> ½ GY, Kirt</p>	<p>5:00-5:30am <b>CXWORX™</b> B/G, Michele</p> <p>5:30-6:30am <b>Y Cycle</b> CS, Karen R.</p> <p>5:45-6:15am <b>\$\$House of Pain</b> B/G, Kirt</p> <p>9:00-9:55am <b>BODYPUMP™</b> GY, Beverly</p> <p>10:00-10:30am <b>CXWORX™</b> GY, Beverly</p> <p>10:30-11:15am <b>Y Cycle</b> CY, Beverly</p>	<p>5:00-5:55am <b>*Y Boot Camp IA</b> GY, Rachel</p> <p>8:45-9:30am <b>Zumba® Gold</b> B/G, Beverly</p> <p>9:00-9:55am <b>*Y Boot Camp</b> GY, Rachel</p> <p>10:00-10:55am <b>Pilates</b> GY, Beverly</p>	<p>5:00-5:30am <b>CXWORX™</b> B/G, Michele</p> <p>5:30-6:30am <b>Y Cycle</b> CS, Karen R.</p> <p>5:45-6:15am <b>\$\$House of Pain</b> B/G, Kirt</p> <p>9:00-9:55am <b>Y Cycle</b> CS, Laura</p> <p>10:00-10:55am <b>BODYPUMP™/ All About The Ball</b> GY, Rachel</p>	<p>5:00-5:55am <b>*Y Boot Camp</b> GY, Laura</p> <p>9:00-9:55am <b>Zumba®</b> GY, Beverly</p> <p>9:20-9:50am <b>CXWORX™</b> B/G, Carrie</p> <p>10:00-10:55am <b>PiYo®</b> B/G, Carrie</p> <p>6:15-7:00pm <b>SH'BAM™</b> <b>All ages welcomed</b> GY, Carrie/Karen</p>	<p>8:00-8:55am <b>BODYPUMP™</b> GY, Karen R.</p> <p>9:00-9:55am <b>BODYCOMBAT™</b> GY, Jackie</p> <p>9:00-9:55am <b>Kids Yoga 6-12yrs</b> B/G, Susan</p> <p>10:00-10:45am <b>Family SH'BAM™</b> <b>All ages welcomed</b> GY, Jackie</p> <p>10:00-10:55am <b>Yoga</b> B/G, Susan</p>	<p>9:00-9:55am <b>Zumba®</b> GY, Coleen/Andy</p> <p>10:00-10:55am <b>Pilates</b> B/G, Michele</p>
<p>5:30-6:00pm <b>CXWORX™</b> ½ GY, Carrie</p> <p>6:15-7:10pm <b>All About The Ball</b> B/G, Carrie</p> <p>7:15-8:10pm <b>PiYo®</b> B/G, Carrie</p> <p>6:30-7:00pm <b>Boxing</b> ½ GY, Andy</p> <p>7:05-8:00pm <b>Y Cycle</b> CS, Andy</p>	<p>6:15-6:45pm <b>\$\$House of Pain</b> B/G, Kirt</p> <p>6:20-6:50am <b>CXWORX™</b> ½ GY, Beverly</p> <p>7:00-7:55pm <b>BODYPUMP™</b> B/G, Kristy</p> <p>7:00-8:30pm <b>Zumba® X2</b> GY, Beverly &amp; Andy</p>	<p>6:15-7:00pm <b>SH'BAM™</b> <b>All ages welcomed</b> ½ GY, Laura</p> <p>6:15-7:10pm <b>Yoga</b> B/G, Jordan</p> <p>7:15-8:10pm <b>BODYCOMBAT™</b> B/G, Laura</p>	<p>6:15-6:45pm <b>\$\$House of Pain</b> ½ GY, Kirt</p> <p>7:00-7:55pm <b>Zumba®</b> GY, Beverly</p> <p>6:30-8:00pm <b>Andy's Boot Camp</b> B/G, Andy</p>	<p><b>Group Exercise General Information:</b></p> <p>Classes are beginner, immediate, advanced unless otherwise marked. B= Beginner BI= Beginner Intermediate IA= Intermediate Advanced</p> <p><b>\$\$ = Fee for Class</b></p> <ul style="list-style-type: none"> <li>*YMCA Boot Camp requires registration</li> <li>Fitness classes are included with Membership.</li> <li>Group exercise classes are for members' ages 16+.</li> <li>Schedule is subject to change without notice.</li> <li>Classes with continued low attendance (minimum 6 participants) are subject to cancellation.</li> </ul> <p><b>Locations: B/G= Bates &amp; Gloss, CS=Cycle Studio, GY=Gym</b></p>		



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>8:45-9:30am <b>Forever Fit</b> B/G, Kristen</p> <p>9:35-10:00am <b>Yoga Stretch®</b> B/G, Kristen</p>	<p>8:00-8:45am <b>Silver Sneakers®</b> B/G, Lauren</p> <p>8:45-9:15am <b>Fall Prevention</b> B/G, Lauren</p>	<p>8:45-9:30am <b>Zumba® Gold</b> B/G, Beverly</p>	<p>8:00-8:45am <b>Silver Sneakers®</b> B/G, Lauren</p>	<p>8:30-9:15am <b>Forever Fit</b> B/G, Kristen</p>		

## Class Descriptions

<p><b>Cardio</b> <b>Boxing:</b> Using punching mitts you will perform punching drills to tone strengthen your upper body.</p> <p><b>BODYCOMBAT™:</b> This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.</p> <p><b>SH'BAM™:</b> is the perfect way to shape up and let out your inner star – even if you're dance challenged. Set to a soundtrack of great jams, SH'BAM™ is the ultimate fun and sociable way to exercise. Each 45-minute SH'BAM™ class is vibrant, unique and varied so all you have to worry about is cutting loose and dancing off the calories. <b>All ages welcomed!</b></p> <p><b>Y Cycle:</b> A revolutionary stationary bike class which is set to music and simulates a real bike ride. This is a non-competitive, cardiovascular workout designed for all fitness levels.</p>	<p><b>Zumba®/ Zumba Gold®:</b> A fusion of Latin inspired music and dance will find you dancing day, night, and calories away.</p> <p><b>Zumba® X 2:</b> Two formats, two instructors, twice as much FUN! Zumba® X2 will include Zumba® toning which uses maraca hand weights to work your upper and lower body to international rhythms.</p> <p><b>Cardio/Strength</b> <b>Andy's Boot Camp:</b> A great mix of low impact floor work with easy to follow routines combined with calisthenics and strength training. All fitness levels welcome!!</p> <p><b>YMCA Boot Camp:</b> This program won't just help you strengthen, tone, and increase your cardio fitness – it'll make you feel fabulous in your skin. Be prepared to sweat and have fun!! <b>Registration required</b></p> <p><b>Mind Body</b> <b>Pilates:</b> Pilates is a fitness routine that will increase strength and flexibility. You can expect improved posture, balance, and core strength.</p> <p><b>PiYo®:</b> PiYo is a fusion style flexibility workout that combines pilates and yoga, for movement and power.</p>	<p><b>Yoga:</b> Join us for flowing, controlled yoga moves; stringing poses together with deep breathing to experience a sense of well being and reawakening of the mind and body.</p> <p><b>Strength</b> <b>BODYPUMP™:</b> This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!</p> <p><b>CXWORX™</b> is ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.</p> <p><b>AOA</b> <b>Fall Prevention:</b> Each year, one in every three adults age 65 and older falls. This fall prevention class will be focusing on balance and stretching activities to decrease your risk for falls!</p> <p><b>Forever Fit:</b> A low impact class including cardiovascular and resistance training. A great class for seniors as well as those new to exercise.</p>	<p><b>Silver Sneakers® Muscular Strength &amp; Range of Movement:</b> Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. A chair is used for seated and/or standing support.</p> <p><b>SilverSneakers® Yoga Stretch:</b> Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.</p> <p><b>Youth Fitness Class</b> <b>Kids Yoga:</b> An uplifting, noncompetitive, mind expanding and fun way for kids to build strength, spirit, and self-esteem. <b>Ages: 6-12</b></p> <p><b>Youth Fitness:</b> Youth Fitness will challenge kids to exercise their minds and bodies. Each class will consist of aerobic exercises, core strength, stability, and muscle flexibility. <b>Ages: 6-12</b></p>
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