

## SPECIALTY GROUP EXERCISE CLASS DESCRIPTIONS

**\$Cardio Performance:** This class will push you past your limits with workouts packed with plyometric drills on top of nonstop intervals of strength, power, resistance, and ab and core training moves. Minimal equipment is needed. Each workout keeps you constantly challenged as you alternate between aerobic and anaerobic intervals performed at your MAX.

**\$Cross Training:** Come in and see what it takes to push yourself to your max! This type of training will help you to dramatically increase cardiovascular endurance, strength & power, balance & coordination, and flexibility.

**\$Karate:** Ages 7 and up are welcomed. Class consists of stretching, punching skills, blocking, kicking, etc. Participants will learn self-defense, discipline, esteem & respect while having fun & getting a great workout.

**\$Kettlebell:** This class will teach you the foundation kettlebell lifts. Proficiency in these lifts will ensure your success in losing body fat, increasing your strength, correcting strength imbalances and overall general fitness.

**\$Lose Weight & Keep It Off:** This training program will provide you the personalized attention of a trainer at a lower cost in a supportive group environment. Each participant will receive a fitness assessment at the beginning & end of the program, nutritional guidance & group workouts.

**\$Reformer I:** An ideal entry level workout designed for all fitness levels and abilities, this workout combines beginning Pilates reformer exercises with stretches and postural patterns.

**\$Reformer II:** Delivers the Pilates experience in a fun and balanced fitness workout that is perfect for intermediate to advanced participants. An effective fusion of beginning Reformer exercises with traditional weight exercises, teaching participants to work from their core and gain new body awareness and definition.

**\$Sunday Morning Group Ride:** Join us on Sunday mornings for this OUTDOOR Group Cycling class. Group meets at the Y at 7 AM every Sunday and rides for two hours, rain or shine. Rides will vary every week, experienced cyclists welcomed. Helmets are highly recommended. Class runs every Sunday May—October.

**\$TRX Body Blast:** TRX is a new way to workout for all fitness levels that builds body strength, flexibility and your core at the same time. The TRX harnesses your own body weight to create resistance as you train. This program engages your muscles with this non-stop total body workout. It is ideal for people who are new to TRX and who want a fun, high energy experience. Class is offered for 1-hr or 30-min.

**\$Zumba:** It's more than just aerobic dance and it's better than traditional fitness. Zumba is a combination of Latin and international music choreographed with fun, dynamic dance and exercise moves.

## EATING FOR OPTIMAL HEALTH WORKSHOP

Good health is associated with well-balanced and proper nutrition. This workshop will cover tips for improving your nutritional health, eating quality foods and reviewing recommended guidelines on nutrition. Presenter: Sandra Cotting, RN

**Saturday, June 23**

**9-10am**

**\$5 /\$10 NM**



## FOGLIA FAMILY FUN RUN 5K

**SATURDAY, AUGUST 18, 2012**

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## FOGLIA YMCA GROUP FITNESS SCHEDULE

### FREE CLASSES

SUMMER 2012 – JUNE 10—AUGUST 18

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15 – 6:15 AM Group Cycle Lois - CS	5:15 – 6:15 AM Muscle Conditioning Kaysi - AS	5:15 – 6:15 AM Group Cycle Lois - CS	5:15 – 6:15 AM Muscle Conditioning Susan - AS	5:15 – 6:15 AM Group Cycle & Abs Kay - AS	6:00—6:50 AM Group Cycle Lois—CS
	6:30 – 7:30 AM Group Cycle Joe - CS	6:00—6:45 AM Yoga Fundamentals Lois—YPS	7:15 – 8:15 AM Total Body Conditioning Sara - AS	6:00—6:45 AM Yoga Fundamentals Lois—YPS	6:00—6:45 AM Yoga Fundamentals Lois—YPS	6:30—7:15 AM Total Body Conditioning Kaysi—AS
8:30 – 9:30 AM Pilates MAT I Laura C. - YPS	7:15 – 8:15 AM Total Body Conditioning Kay - AS	8:30– 9:15 AM Total Body Conditioning Cindy - AS	8:15 – 9:30 AM Yoga (Level 2) Kandy - YPS	8:30 – 9:15 AM Total Body Conditioning Amy N. - AS	7:30 – 8:30 AM Group Cycle Joe - CS	7:00—7:45 AM Yoga Fundamentals Lois—YPS
8:30 – 9:20 AM Group Cycle Michael - CS	8:30 – 9:30 AM Core, Floor & More Kitty - YPS	9:00 – 10:00 AM Group Cycle Diane - CS		8:30 – 9:30 AM Group Cycle Amy H./Michele O. - CS	8:30 – 9:30 AM Step Circuit Kitty—AS	7:30 – 8:30 AM Group Cycle Kay - CS
9:00 – 10:00 AM Step & Abs Sara/Amoret - AS	9:00 – 10:00 AM Group Cycle Michele O. - CS	9:00 – 10:00 AM Pilates MAT I Lisa - YPS	9:00 – 10:00 AM Group Cycle Jamie - CS	9:30 – 10:30 AM Pilates MAT I Lisa - YPS	8:30 – 9:30 AM Yoga Fundamentals Rachel - YPS	8:00 – 9:00 AM Yoga Fundamentals Kandy - YPS
9:45 – 10:45 AM Yoga Fundamentals Karen - YPS	9:45 – 10:45 AM Muscle Conditioning Kaysi/Kitty - AS	9:30—10:15 AM Core, Floor & More Kaysi/Susan—AS	9:45—10:30 AM Balance & Core Amy K.—YPS		9:00 – 10:00 AM Group Cycle Jan - CS	8:30 – 9:30 AM Step & Abs Amoret/Stacy T. - AS
10:05 – 10:50 AM Muscle Conditioning Sara/Amoret - AS	10:00 – 11:00 AM Yoga Fundamentals Karen - YPS	10:15—11:15 AM Pilates MAT I Kitty—YPS	9:45—10:30 AM Step Circuit Susan—AS		9:45 – 10:45 AM Muscle Conditioning Jennifer - AS	9:00 – 10:00 AM Group Cycle Jamie/Patty - CS
	11:30– 12:15 PM Low Impact All Over Fitness Lisa - AS	10:45– 11:30 AM Total Body Conditioning Michele O. - AS		10:45 – 11:30AM Muscle Conditioning Lisa - AS	10:00—11:00 AM Pilates MAT I Karen—YPS	9:35 – 10:20 AM Muscle Conditioning Amoret/Stacy T. - AS
	12:30—1:15 PM SilverSneakers@ Muscular Strength Lisa—AS	11:45—12:30 PM Low Impact All Over Fitness Donna—AS	11:30– 12:15 PM Low Impact All Over Fitness Jennifer - AS	11:30 – 12:15 PM Restorative Yoga Kandy - YPS	12:00– 12:45 PM Low Impact All Over Fitness Jennifer - AS	10:00– 11:00 AM Core, Floor & More Terry - YPS
		1:00 – 2:00 PM Muscle Conditioning Lisa - AS	12:30—1:15 PM SilverSneakers@ Muscular Strength Jennifer—AS	12:30 – 1:30 PM Partner Stretch Kandy - YPS		
	5:15—6:15 PM Yoga Fundamentals Ashley—YPS	4:30 – 5:15 PM Group Cycle Maribeth - CS				
	6:00 – 6:45 PM Step Circuit Sara - AS	5:15 – 6:00 PM Muscle Conditioning Maribeth - AS	4:30 – 5:15 PM Core, Floor & More Kaysi - YPS	4:30 – 5:15 PM Group Cycle Kris - CS		
	6:00 – 7:00 PM Group Cycle Jake - CS	5:15—6:15 PM Yoga Fundamentals Ashley—YPS	5:00 – 6:00 PM Muscle Conditioning Megan - AS	5:15 – 6:00 PM Muscle Conditioning Kris - AS		
	6:15—7:15 PM Yoga Fundamentals Lois—YPS	6:30—7:30 PM Step & Abs Stacy G.—AS	6:00 – 7:00 PM Yoga Fundamentals Laura W. - YPS	5:30 – 6:30 PM Pilates MAT I Laura W.—YPS		
	6:45 – 7:30 PM Muscle Conditioning Sara - AS	6:30 – 7:30 PM Group Cycle Michele O. - CS		6:30—7:30 PM Yoga Fundamentals Laura W.—YPS		
	7:45 – 8:45 PM Cardio Kickboxing Jeff - AS	7:15 – 8:15 PM Yoga Fundamentals Rachel - YPS	7:00—7:45 PM Group Cycle Donna—CS			

### Foglia YMCA Hours

Monday – Friday: 5 AM–10 PM  
Saturday: 5:30 AM – 7:00 PM  
Sunday: 6:00 AM – 6:00 PM

### 'Mazing Kids Hours

Mon/Wed: 8 AM–1 PM / 4:15–7:30 PM  
Tues/Thurs: 8 AM – 2 PM/4:15 – 7:30 PM  
Friday: 8 AM – 1 PM  
Saturday: 8 AM – 12 PM  
Sunday: 9 AM–11AM

### Youth/Teen Center Hours

Mon – Fri: 8 AM—12 PM

### Class Location Guide

AS = Aerobic Studio  
CS = Cycle Studio  
YPS = Yoga/Pilates Studio  
SMB = Spirit Mind Body Studio



**FREE GROUP EXERCISE CLASS DESCRIPTIONS**  
**ALL LEVELS**

**Cardio Kickboxing:** This high-energy class utilizes practical self-defense techniques. Combined with high and low impact moves to improve cardiovascular endurance, you will jab, kick and jump through to a great workout! Come burn off lots of calories and stress all at the same time.

**Core, Floor & More:** This class will work your entire body with a specific emphasis on your core. Each class will be formatted differently each week with using the bender ball, gliding discs, resistance bands, etc.

**Group Cycle:** Instructors will lead you on a ride designed to improve your fitness on a variety of levels; endurance, strength, interval, all-terrain & training. Our Keiser M3 cycle bikes allow you to track your ride with a personal computer (time, watts, resistance, distance, etc.) so you can adjust your workout to match your personal level. Come and try a class for 20 minutes! Remember to bring a water bottle & towel. (Bikes are Polar compatible.)

**Muscle Conditioning:** Tone your muscles in this energizing class, using body bars, dumbbells, tubing and non-stop motivation. Work every major muscle group in this effective and challenging class. Designed to meet the needs of all fitness levels.

**Partner Stretch:** This class is designed to gently stretch participants into stretches that would not be available on their own. The hips, shoulders and back will be the major focus of this class.

**Pilates MAT I:** Welcome to Pilates! This mat-based workout is designed to improve core control, coordination, standing alignment & balance. Come join us to build strength from the inside out! This class gives you a solid foundation before moving onto our Peak Pilates Reformer and Chair programs.

**Total Body Conditioning:** Get it all when you join us for this spectacular blend of cardio and strength training. Class will consist of a full body muscle workout along with cardio intervals and finish with core work and stretching.

**Yoga Fundamentals:** Welcome to Yoga! Let the yoga mind & body connection of deep stretching exercises bring the harmony of fitness & wellness into your life. Enjoy these slow & gently rhythmic poses and balance postures. This class gives you a solid foundation before moving onto other yoga classes.

**YogaPi:** Can't decide on Yoga or Pilates? This class is a fusion of both, integrating key techniques, & is geared toward students of all levels.

**BEGINNER LEVEL**

**Low Impact All Over Fitness:** Whatever your age, exercise should be a part of your life. This class will work the entire body. Class will begin with a warm-up, incorporates cardiovascular and muscle toning exercises throughout, and ends with gentle stretching.

**Restorative Yoga:** This 45-minute class will increase your flexibility and balance and reduce your anxiety. Class will combine gentle yoga movements with breath. Perfect for beginners as well as with people with specific limitations and those recovering from injury. Blankets are used in class, participants are welcome to bring their own blankets.

**SilverSneakers® Muscular Strength:** Join the SilverSneakers® Fitness Program for beginner exercise (55 & older). Muscular Strength & Range of Movement is a great way to 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. Hand-held weights, elastic tubing with handles and ball are offered for resistance, and a chair is used for seated and/or standing support.

**INTERMEDIATE LEVEL**

**Balance & Core:** This class will incorporate a variety of balance-challenging exercises using the Bosu Balance Trainer, stability balls, balance discs and balance pods, etc. Exercises in this class improve your strength, posture, balance and flexibility while working your core the entire time.

**Step & Abs:** Burn calories and enjoy creative choreography in this fast-paced cardiovascular workout. If you like a challenge this class is for you. Wrap things up by toning your abdominals.

**Step Circuit:** This high-energy interval training class alternates intermediate/advanced step choreography with intensive muscle conditioning for a total-body workout. A great class for the intermediate to advanced stepper!

**Yoga (Level 2):** Ready to take your Yoga Fundamentals skills to the next level? This class is for you. Knowledge and ease of Sun Salutations and weight bearing postures required. Class will include arm balances, back bending and inversions. Some Yoga experience is required to take this class.

PLEASE NOTE: We do have a Group Exercise Tag Policy that allows Foglia members to pick up a tag up to 30 minutes prior to the start of and Non-Foglia members to pick up a tag 5 minutes prior to the start of class. Tags can be picked up at the North Greeter Desk and all group exercise participants are required to have a tag to attend any class listed above. See program guide for details.

**To learn more information, contact Kaysi Marshall,  
Group Exercise Coordinator at (847)410-5366 or kmarshall@ymcachicago.org.**

**FOGLIA YMCA SPECIALTY CLASSES**

**FEE BASED**

*SUMMER I 2012 – JUNE 10—JULY 14 (5 WEEKS)*

*SUMMER II 2012 – JULY 15—AUGUST 18 (5 WEEKS)*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15—6:15 AM Cardio Performance Susan—AS	6:30—7:30 AM TRX Body Blast Kaysi—SMB	5:15—6:15 AM Cardio Performance Kaysi—AS		5:15—6:15 AM TRX Body Blast Leann—SMB	7:20—8:20 AM Cardio Performance Kaysi—AS
7:00—9:00 AM Sunday Morning Group Ride Leann—OUTSIDE	5:15—6:15 AM TRX Body Blast Leann—SMB	7:00—8:00 AM Cardio Performance Kay—AS	5:15—6:15 AM TRX Body Blast Jamie—SMB	7:00—8:00 AM Cardio Performance Kay—AS	6:30—7:30 AM Lose Weight & Keep It Off Charisse—PT	7:30—8:30 AM TRX Body Blast Leann—SMB
	6:30—7:30 AM Cross Training Tom—PT	7:30—8:30 AM TRX Body Blast Kaysi—SMB	6:30—7:30 AM Lose Weight & Keep It Off Charisse—PT	7:00—8:00 AM TRX Body Blast Leann—SMB	8:00—8:30 AM (30 min) TRX Body Blast Leann—SMB	9:00—10:00 AM Reformer I Donna—SMB
10:00—11:00 AM Cross Training Tom—PT	6:30—7:30 AM Lose Weight & Keep It Off Charisse—PT	8:45—9:15 AM TRX Body Blast (30 min) Jamie—SMB	8:30—9:30 AM Cardio Performance Amy N.—AS	8:15—9:15 AM Reformer I Lisa—SMB	8:45—9:15 AM (30 min) TRX Body Blast Jamie—SMB	
9:30—10:30 AM TRX Body Blast Lois—SMB	8:30—9:30 AM Cardio Performance Amy K.—AS	9:15—9:45 AM TRX Body Blast (30 min) Jamie—SMB	9:00—10:00 AM TRX Body Blast Kaysi—SMB	9:30—10:30 AM TRX Body Blast Leann—SMB	10:00—11:00 AM Reformer II Lisa—SMB	10:15—11:15 AM TRX Body Blast Leann—SMB
11:00—12:00 PM Karate Jeff—YPS	8:45—9:15 AM (30 min) TRX Body Blast Jamie—SMB	9:45—10:15 AM (30 min) TRX Body Blast Jamie—SMB	9:00—10:00 AM Cross Training Tom—PT	9:30—10:30 AM Zumba Kortnee—AS		10:30—11:30 AM Zumba Kortnee—AS
	10:00—11:00 AM Reformer II Lisa—SMB	11:00—12:00 PM Reformer II Lisa—SMB	10:30—11:30 AM Reformer I Donna—SMB	10:45—11:15 AM (30 min) TRX Body Blast Jamie—SMB		
	4:00—5:00 PM TRX Body Blast Leann—SMB	10:30—11:15 AM Kettlebell Leann—CS	3:30—4:15 PM Kettlebell Leann—YPS	10:30—11:15 AM Kettlebell Leann—YPS	5:30—6:30 PM Zumba Kortnee—AS	
	5:00—6:00 PM Zumba Rose—AS	6:00—6:30 PM (30 min) TRX Body Blast Jamie—SMB	4:00—5:00 PM TRX Body Blast Leann—SMB	1:00—2:00 PM TRX Body Blast Kaysi—SMB	6:00—7:00 PM TRX Body Blast Lois—SMB	
	6:00—7:00 PM Reformer I Karen—SMB		6:15—7:15 PM Zumba Rose—AS	6:00—6:30 PM (30 min) TRX Body Blast Jamie—SMB	<p align="center"><b>Class Location Guide</b></p> <p align="center">AS = Aerobic Studio CS = Cycle Studio PT = Personal Training Zone SMB = Spirit Mind Body Studio YPS = Yoga/Pilates Studio</p>	
	6:30—7:30 PM Cross Training Tom—PT	6:30—7:30 PM TRX Body Blast Jamie—SMB	6:30—7:30 PM Cross Training Tom—PT	6:30—7:30 PM TRX Body Blast Jamie—SMB		
	7:00—8:00 PM Reformer II Karen—SMB		7:00—8:00 PM Reformer II Lisa—SMB	6:30—7:30 PM Cardio Performance Derek—AS		

Class times and days are subject to change upon participation. See class descriptions on back.

Group Exercise Specialty Classes	Member/Non-Member 5 WEEK SESSION
Cardio Performance	\$35/\$70 (1 day/week) \$70/140 (2 days/week)
Karate	\$45/\$90 (1 day/week)
Reformer I & II	\$125/\$250 (1 day/week) \$200/\$400 (2 days/week)
Sunday Morning Group Ride	\$30/\$60 (6) / \$60/\$120 (12)
Zumba	\$22.50/\$45 (1 day/week) \$40/\$80 (2 days/week) \$52.50/\$105 (3 days/week)

Small Group Personal Training	Member/Non-Member 5 WEEK SESSION
Cross Training	\$60/\$120 (1 day/week)
Kettlebell	\$60/\$120 (1 day/week)
TRX Body Blast	\$75/\$150 (1 day/week)
TRX Body Blast (30 minutes)	\$37.50/\$75 (1 days/week)
Lose Weight & Keep It Off (8 week program)	\$240/\$480 (2 days/week) \$360/\$720 (3 days/week)

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**Member = M; Non-Member=NM**