

Grayslake YMCA 847.548.8300



ALL ADULT GROUP EXERCISE CLASSES FREE

Spring II - April 16th - June 9th - 8 weeks

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30-6:15am Group Cycle Lisa		5:30-6:15am Group Cycle Lisa			7:30-8:15am Group Cycle Lisa
8-9:00am Cardio Mix Pam	9:00-9:55am Step-N-Pump Linda			8:00-8:45am Group Cycle Lisa		
9:15-10am Group Cycle Pam	9:00-9:45am Group Cycle Fran-PartyRm.	8:45-9:15am Group Cycle Lisa	9:00-9:45am Group Cycle Fran	9:00-9:45am Step & Pump Karen	7:30-8:15am Weight Training Lisa	8:30-9:15am Step Survival Pam
10:15-11:15am Yoga Nicole	10:00-10:45am LowerBodyBlast Linda	9:20-9:50am Core and More Lisa	9:55-10:40am Butts and Gutts Lisa	10:00-10:30am Tone N Tighten Karen	8:50-9:45am Cycle-Party Rm. Fran	9:20-9:55am Tai Chi Pam
11:15-12:15pm Beg. Yoga Nicole	10:50-11:50am Yoga Sharon	9:00-9:45am SILVER SNKS. Jennifer-P.Rm.	10:45-11:15am Have a Ball Lisa	10:35-11:20am ZUMBA Karen	9:00-9:45am Step Linda	10:00-11:00am Yoga Pam
	11:55am-12:40pm Cardio Core Sharon	9:55-10:45am ZUMBA Jennifer	11:20am-12:10pm Yoga Sharon	12:00-12:45pm Target Str.Trn. Lisa	9:55-10:40am Muscle Works Linda	
					11am - 12pm Yoga Michelle	
					4:30-5:30pm Pilates Jenise	
	4:30-5:15pm Group Cycle Lisa		5:30-6:15pm Step-N-Pump Linda		Grayslake YMCA Hours Mon.-Fri. 5:00am-10:00pm Saturday 7:00am-5:00pm Sunday 7:00am-5:00pm	
	5:30-6:15pm Muscle Works Linda	5:20-6:20pm Tae Kwon Do Ages 7 and up Master Kim (\$)	6:30-7:15pm Pilates Jenise	6:25-7:25pm Adv.Group Cycle Fran		
	6:25-7:10pm Step Pam	6:30-7:15pm Group Cycle Fran			Mazing Kids Hours Mon.-Fri. 8:30am-12:30pm Mon.-Thur.-4:30-8:30pm Friday 4:30 - 6:30pm Weekend Hours Sat.-8:30am-12:00pm Sunday - 9:00 am - 12:30 pm	
	7:15-8:15pm Beginner Yoga Terry	7:30-8:30pm NEW-BT.CAMP Linda		7:45-8:45pm Yoga Michelle		

PLEASE PICK UP A "TAG" FOR THE CLASS AT THE MEMBER SERVICE DESK

Class will be cancelled due to limited participation. Class may be cancelled due to instructor availability.

For their health and safety, young children under the age of 12 are not permitted in the aerobics studio during classes or in the fitness center at any time.

Please Note - THERE WILL BE A REVISED SCHEDULE OF CLASSES OFFERED ON MONDAY, MAY 28TH MEMORIAL DAY