



Greater La Grange YMCA GROUP EXERCISE SCHEDULE

Spring I Feb 19 – Apr 14, 2012
Updated Feb 17, 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:30am Y Cycle # Jen L - CS	5:45-6:30am Y Cycle # Nancy - CS	5:45-6:30am Y Cycle # Jen L - CS	5:45-6:30am Y Cycle # Cathy K - CS	5:45-6:30am Y Cycle # Jen L - CS		
5:45-6:45am Body Pump® # Kathy B - 2	5:45 -6:45am Sunrise Boot Camp Caryn - 2	5:45-6:45am Body Pump® # Kathy B - 2	5:45-6:45am Beginning Yoga Nancy - 2	5:45 6:45am Body Pump® # Kathy B - 2	7:45-8:45am Body Pump® # Julie-2	8:15-8:45am (HIIT)-Tabata \$ Jen F-2
8:15-9:00am Y Cycle # Freya - CS	8:45-9:45am Body Pump® # Kelly H - 2	8:15-9:00am Y Cycle # Freya - CS	8:00-8:45am Pilates Level I # Kathy J-1	8:00-9:00am Hatha Yoga # Meg - 2	8:00-8:45am Y Cycle # Cathy-CS	9:00-10:00am Body Pump® # Sandy-2
9:00-10:00am Cross Training Challenge IA Rita - 2	9:00-10:00am Body Pump® # Caryn - 1	9:00-10:30am Hatha Yoga # Meg - 2	8:45-9:45am Body Pump® # Kelly H - 2	8:15-9:00am Y Cycle # Kelly - CS	9:00-10:00am Cross Training Challenge IA Rita-2	9:15-10:00am Y Cycle # Bridget-CS
9:15-10:00am Y Cycle # Kelly H - CS	9:15-10:15am Y Cycle Journey # Cathy K - CS	9:15-10:00am Y Cycle # Nancy - CS	9:00-10:00am Body Pump® # Caryn - 1	9:00-10:00am All Things Round IA Rita - 2	9:00-9:45am Y Cycle # Linda W-CS	10:15-11:00am Y Cycle # Phil-CS
10:10-11:10am Muscles in Motion Freya - 2	10:15-11:15am Hour of Power Jen F - 2/CS	10:40-11:40am Piloxing \$ Jen F - 2	9:15-10:00am Y Cycle # Bridget - CS	9:15-10:00am Y Cycle # Bridget - CS	10:15-11:15am Zumba # Andy-2	10:30-11:30am Piloxing \$ Jen F/Karen D-2
	12:30-1:30pm Power Lunch Karen D - CS/2		10:15-11:15am Masala Bhangra Kelly P - 2	10:05-11:05am Zumba # Kelly P - 2	12:15-12:45pm Adult Fighters Fitness \$ Andrew S - 2	11:45 -12:45 Yoga Fundamentals Nancy/2
			12:30-1:30pm Power Lunch Karen D - CS/2		12:45-1:30pm Adult Sparring & Martial Arts \$ Andrew S - 2	
4:00-4:45pm Y Cycle # Cathy K - CS	5:00-5:45pm Core & Stretch Linda - 1	5:00-6:00pm Zumba # Laima - 2		4:00-4:45pm Y Cycle # Tom - CS	Group Exercise General Information YMCA Members please note that ALL fitness classes are FREE unless otherwise indicated (\$).	
5:00-5:30pm Short & Sweet Jen F - 2	5:15-6:15pm Y Cycle Journey # Cathy - CS	5:15-6:00pm Y Cycle # Kelly H - CS	5:15-6:00pm Y Cycle # Linda - CS	5:00-5:30pm Short & Sweet Jen F - 2	Classes are all levels unless marked I=Intermediate IA=Intermediate Advanced	
6:00-7:00pm Cardio Kickboxing # Loren - 2	6:00-6:45pm Pilates Level I # Linda - 1	6:05-7:05pm Strength Circuit Mandy - 2	6:00-7:00pm Cardioboxing # Damon - 2	5:30-5:45pm 15 Min Ab Blast Jen F - 2	<ul style="list-style-type: none"> Children under 12 not allowed in classes Teens 12-15 years old must attend with parent for the first class. Minimum age for Body Pump is 16 Classes with continued low attendance (minimum 6 participants) are subject to cancellation. For questions, comments or suggestions regarding the fitness schedule please contact Karen Dziagwa@708-497-1006 	
7:00-7:45pm Y Cycle # Sandy - CS	6:00-7:00pm Body Pump® # Sandy - 2	6:30-7:00pm (HIIT)-Tabata \$ Karen D - 1	6:00-7:00pm Pilates Multi -Level # Stacy - 1	6:00-7:00pm Piloxing \$ Jen F -2		
7:10-8:40pm Hatha Yoga II/ I # Connie - 2	7:15-7:45pm Short & Sweet Jen F - 2	7:00-7:45pm Y Cycle # Jen F - CS	7:05-8:35pm Hot Yoga IA # Mauro - 2			
	7:45-8:45pm Zumba # Laima - 2	7:15-8:45pm Hatha Yoga # Jill - 2	8:40-9:40pm Belly Dancing Samantha - 2			

indicates class requires participants to pick up a number at the front desk to be admitted to class. Participants **without** numbers will **not** be admitted to class.

