



LAKE VIEW YMCA GROUP FITNESS SCHEDULE

Spring 2 Session: April 15th - June 9th, 2012



		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FITNESS CLASSES	AM			Absolute Abs 6:00 - 6:30am Mondale	*TRX Small Group\$\$ 6:30 - 7:30am Jackie	Absolute Abs 6:00 - 6:30am Mondale	Cardio Sculpt 6:30 - 7:30am Yvonne	
				All About Legs 6:30 - 7:00am Mondale		All About Legs 6:30 - 7:00am Mondale		Yoga 8:15 - 9:15am Mary D.
		Total Body Cond. 9:00 - 9:55am Danielle	Nia 9:00 - 9:55am Sara	Treadmill Training 9:00 - 9:30am Yvonne	Power Core Pilates 9:15 - 10:10am Lisa	Treadmill Training 9:15 - 10:10am Yvonne	Zumba 9:00 - 9:55am Victor	Nia 9:30 - 10:25am Sara
		Yoga (Intermediate) 10:00-11:25am Mary I.	Treadmill Training 9:30 - 10:10 Lisa	Zumba 9:00 - 9:55am Victor	Ultimate Toning 10:15 - 11:10am Lisa	Hatha Yoga 10:00 - 10:55am Mari	Treadmill Training 9:30 - 10:10am Lisa	Mat Pilates 10:30 - 11:25am Rachel D.
		Zumba 11:30 - 12:25pm Ana	Power Core Pilates 10:15 - 11:10am Lisa	Sensational Stretch 10:00 - 10:55am Jamie	Hatha Yoga 11:15 - 12:10pm Mari	Ultimate Power 11:00 - 11:45am Mondale	Power Core Pilates 10:15 - 11:10am Lisa	Boot Camp\$\$ 11:30 - 1:00pm Mondale
		Yoga 11:30 - 12:45pm Sara	Ultimate Power 11:00 - 11:45am Mondale	Nia 12:15 - 1:10pm Jamie	Absolute Abs 11:45 - 12:15pm Mondale	Silver Sneakers 11:20 - 12:05pm Erica	TurboKick 11:30 - 12:25pm Jackie/Rachel D.	
			Absolute Abs 11:45 - 12:15pm Mondale		Nia-World Beats 12:20 - 1:15pm Jamie	Hatha Yoga 12:15 - 1:10pm Mari	Zumba 12:30 - 1:25pm Rachel V.	
			Yoga 12:20 - 1:15pm Stacey					
		TurboKick 4:00 - 4:55pm Jackie			*TRX Small Group\$\$ 5:00 - 6:00pm Mira			
		*Tri Club\$\$ 4:30 - 6:00pm Kyle	Nia 5:30 - 6:25pm Jamie	Total Body Cond. 5:00 - 5:55pm Heidi	Mat Pilates 6:00 - 6:55pm Mari	Cardio Sculpt 5:30 - 6:25pm Andrea/Amy	Hatha Yoga 6:00 - 7:15pm Laura	
		Zumba 6:30pm - 7:25pm Lillian	Zumba 6:00 - 6:55pm Ana	TurboKick 7:00 - 7:45pm Jackie	Zumba 6:30 - 7:25pm Ana			
		*TRX Small Group\$\$ 7:30 - 8:30pm Heidi	Yoga 7:00 - 7:55pm Tara	Sculpt 7:45 - 8:30pm Jackie	Yoga 7:30 - 8:25 Nicole			

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CYCLE	AM	Cycle 9:00 - 10:00am Mira	Get Up & Go 5:30 - 6:30am Roxanne	Cycle 6:30 - 7:30am Jackie	Get Up & Go 5:30 - 6:30am Roxanne	Cycle 6:30 - 7:30am Yvonne		
		Interval Cycle 10:15 - 11:15am Rachel D./Danielle	Express Cycle 9:15 - 10:00am Yvonne	Cycle Express 9:30 - 10:15am Yvonne	Express Cycle 9:15 - 10:00am Yvonne	Interval Cycle 12:15 - 1:15pm Rachel D.	Cycle 9:15 - 10:10am Yvonne	Endurance Cycle 8:30 - 9:25am Kyle
		Cycle 5:30pm - 6:25pm Maureen	Interval Cycle 12:15 - 1:15pm Rachel D.	Cycle 5:30pm - 6:25pm Roxanne/Yvonne	Endurance Cycle 6:00 - 6:55pm Maureen	Cycle 5:30pm - 6:25pm Mary D./Roxanne	Cycle 9:30 - 10:25am Mary D.	
	PM	Interval Cycle 6:30 - 7:30pm Rachel D.	Cycle 6:15 - 7:15pm Erica	Interval Cycle 6:30 - 7:30pm Mira	Cycle 7:00 - 8:00pm Danielle			

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
POOL	AM	Water Fitness 9:15 - 10:15am Sarah	Joint Effort 9:30 - 10:30am Joyce	Water Fitness 9:30 - 10:30am Joyce	Joint Effort 9:30 - 10:30am Joyce	Water Fitness 9:30 - 10:30am Joyce	Joint Effort 9:30 - 10:30am Joyce	
	PM		Water Fitness 7:00 - 8:00pm Jen		Water Fitness 7:00 - 8:00pm Kathy			

* Tri Club will begin Sunday, April 22nd
\$\$ = Fee based class. Register at front desk.

For more information: contact Paul Meyer (Senior Program Director) at 773-248-3333 x 2994 pmeyer@ymcachicago.org or Heidi Galasek (Fitness Coordinator) at x 2999 hgalasek@ymcachiago.org or Andrea Tamillo (Fitness Coordinator) at x 2998 atamillo@ymcachicago.org

Schedule is subject to change.
Sign up is required for cycle classes as spaces are limited.
Sign in is required for all classes.
All classes, except Cycle & Treadmill, are held in Aerobics Studio.
Meet at front desk for boot camp.
Pilates Group Class Schedule can be found at www.ymcachicago.org/lakeview

Lake View YMCA Hours
Monday-Friday: 5:00am-10:30pm
(Pool closes at 10:15pm)
Saturday & Sunday: 6:00am-7:00pm
(Pool closes at 6:45pm)

Mazing Kids Hours
Mon-Fri: 8:00am-1:00pm &
4:00pm-8:00pm
Saturday: 8:00am-2:00pm
Sunday: 8:00am-12:00 noon