

SOUTH SIDE YMCA SPRING FITNESS SCHEDULE

Spring II: April 15, 2012 - June 9, 2012

www.ymcachicago.org/southside - 6330 S Stony Island Ave, Chicago, IL 60637

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15a - 7:15a AM Cardio Burn (SA) Yannette	\$6:00a-7:00a Bootcamp Emmanuel	6:15a - 7:15a AM Cardio Burn (SA) Yannette	\$6:00a-7:00a Bootcamp Emmanuel	TRY A NEW CLASS OUTLINED AND DOTTED IN RED!		
7:25a - 8:05a Circuit Express (SA) Shera	6:15a-7:00a Cycling (BH) Yannette	7:25a - 8:05a Circuit Express (SA) Shera	6:15a-7:00a Cycling (BH) Yannette	7:25a - 8:05a Circuit Express (SA) Shera	7:00a-8:00a Kundalini Yoga Linda	
8:15a - 9:00a CORE & MORE (SA) Linda	7:05a - 7:50a TNT! Abs (SA) Andrew	8:15a - 9:00a CORE & MORE (SA) Linda	7:05a - 7:50a TNT! (SA) Andrew	8:30am-9:25a ZUMBA (SA) Alisa	8:00a - 9:00a AM Cardio Burn (SA) Judy	
8:45a - 9:35a Cycling (BH) Yanette	8:15a - 9:00a Spin, Step, Sculpt, Track(SA) Renata	8:45a - 9:35a Cycling (BH) Yanette	8:15a - 9:00a Spin, Step, Sculpt, Track (SA) Yanette		8:30a-9:30a Cycling (BH) Kylana	
9:10a - 10:00a Praise Stretch(SA) Paka	9:10a - 10:10a Yoga (SA) Leona	9:10a - 10:00a Praise Stretch (SA) Paka	9:10a - 10:10a Yoga (SA) Leona		9:05a - 10:00a Body Conditioning (SA) Louis	
	10:15a - 11:10a Fit Mix! (SA) Renata	10:10a - 11:00a TNT! Tighten n Tone (SA) Shera	10:15a - 11:10a Fit Mix! (SA) Judy	10:10a - 11:00a TNT! Tighten n Tone (SA) Shera		
10:00a - 11:00a SilverSneakers® MSROM Leona - (SB)	10:15a - 11:15a SilverSneakers® YogaStretch Leona - (SB)	10:00a - 11:00a SilverSneakers® MSROM Leona - (SB)			\$10:10a-11:05a TABATA (SA) Shera	
11:00a - 12:00p SilverSneakers® Cardio Circuit Leona - (SB)	11:15a - 12:00p Praise Stretch (SA) Renata	11:00a - 12:00p SilverSneakers® Cardio Circuit Leona - (SB)	11:15a - 12:00p Praise Stretchx (SA) Judy		11:30a - 12:20p Zumba (SA) Alisa	\$11:00 - 12:00p BOSU (SA) Andrew
	11:00a - 12:00p Liquid Motion (LP) Joe		11:00a - 12:00p Liquid Motion (LP) Joe		12:30 - 1:25p Line Dance (SA)	12:10p - 1:00p Sweat Shop (SA) Andrew
4:30p - 5:20p Hip Hop Step (SA) Mendell	4:30pm-5:20pm Mat Pilates Shera	4:30p - 5:20p Hip Hop Step (SA) Mendell	4:30p - 5:20p Abs & Back (SA) Kylana		\$1:30p-2:25p Praise Dance (SA) Laritha	1:10p - 2:00p Ultimate Conditioning (SA) Andrew
5:25p - 6:25pp Yoga (SA) Leona	5:25p - 6:20p TNT! (SA) Andrew	5:25p - 6:25p Yoga (SA) Leona	5:25p - 6:20p TNT! (SA) Andrew	5:25p - 6:25p Hips, Abs, Thighs, Arms (SA) Paka	3:30pm-5:00pm Teen Stepping Lessons Step Alive	2:10p-3:10p Kundalini Yoga Linda (SA)
5:30p - 6:30p Cycling (BH) Judy	SUPERHEROES (GYM) (Ages 6-12) 6:00p-7:30p	5:30p - 6:30p Cycling (BH) Judy	SUPERHEROES (GYM) (Ages 6-12) 6:00p-6:45p			
6:30-7:25p Gospel Aerobics (CR) Judy	6:30p-7:15p Aqua Blast (LP) Curtis	6:30-7:25p Gospel Aerobics (CR) Judy	6:30p-6:15p Aqua Blast (LP) Curtis		Classes with "\$\$" before the time are fee-based & require registration! Register Online or @ the Member Services Desk	
\$6:30p-7:15p Body Weight Training(SA) Shera	\$6:30p - 8:30p Karate (all levels) Keith- (SB)	6:30p - 7:25p Jump Ahead (SA) Kylana	\$6:30p - 8:30p Karate (all levels) Keith- (SA)	6:30p - 7:25p Cardio Burn (GYM) Judy		
	6:30p-7:25pppm Mat Pilates (SB) Shera		6:30p-7:25p Yoga (SB) Kristy Starting April 26th			
7:30p-7:15p Liquid Motion Brad (LP)	6:30p - 7:25p Mix It Up Step (GYM) Andrew	7:30p-8:15p Liquid Motion Brad (LP)	6:30p - 7:25p Mix It Up Step (GYM) Andrew	7:30p-8:15p Aqua Blast Brad (LP)	Color Key: Yellow: Mind & Spirit Blue: Aquatics Green: Cardio Pink: Youth Claseses Purple: Active Older Adults Red: Specialty Classes	
\$7:30-8:30p Beginner Kettlebell (CR) Jose	\$6:30p- 7:15p PaKa's Hula Hoop Aerobics (SA)	\$7:30-8:30p Kettlebell (CR) Jose	7:30p-8:30p Zumba (SA) Alisa	\$7:30-8:30p Kettlebell (CR) Jose		
Classes subject to change or cancellation.			Location Key: Studio A - SA Studio B - SB Community Room - CR Bike Hall - BH Large Pool- LP Fitness Center - FC Outdoors - OD			

