

GROUP EXERCISE SCHEDULE

WEST SUBURBAN YMCA



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp - G/F Donna/Jane 5:45-6:45am	Bootcamp - G/F Donna 5:45-6:45am	Yoga –SA Kathryn 6-7am	Bootcamp - G/F Jane 5:45-6:45am	Y Cycle - SS Beth 5:45-6:30am	Bootcamp - F/G Barbara 7:15-8:15 am	Y Cycle - SS April 7:30-8:30am
Y Cycle – SS Jane/Clarence 5:45-6:30am	Easing into Yogalates – SA Kathryn 6-7am	Y Cycle - SS Jane 6:15-7am	Easing into Yogalates - SA Kathryn 6-7am	Yoga Sculpt – DS Russ 5:45-6:45am	Y Cycle - SS Katie 8:00-9:00 am	Muscle Conditioning - A April 9:30–10:25am
*Swimnastics – BP Kathryn 8:30-9:15am	HIIT – G/F Barbara 8:15– 9:15 am	*Swimnastics – BP Kathryn 8:30-9:15am	HIIT – G/F Barbara 8:15– 9:15 am	Seated Yoga Stretch and Strengthen - A Kathryn 7am-8am	Step & Sculpt Barbara –A 8:30– 9:25 am	PiYo – A April 10:30-11:30am
Keeping Fit –G Diane 9-10am	Zumba - SA Katherine 8:30-9:30am	Keeping Fit - G Jill 9-10am	Keeping Fit - SA Diane 9-10am	*Swimnastics – BP Kathryn 8:30-9:15am	Zumba - A Edith 9:30-10:30 am	Bolly X - SA Kim/Shamila 11am– 12 pm
More Muscle – A Heidi 9:30-10:30 am	Barre - DS Jessica 9-10am	Bootcamp - A April 9:30-10:25am				
Y Cycle – SS Patti 9:30-10:15am	Y Cycle - SS Jane 9:30-10:15am	Y Cycle – SS Patti 9:30-10:15am	Throwback Thursday Cycle - SS Jane 9:30-10:15am	Keeping Fit – G Louise 9-10am	Gentle Yoga –SA Christie 9:30-10:30 am	Tae Kwon Do Teresa 5pm -A (90 min)
Tabata Hour– SA Heidi 10:30-11:30am	INTERVALS– SA Nicole 9:30–10:25am	Pilates - SA Jessica 10:30-11:30am	Zumba Tone– G Amanda 9:30-10:30 am	Barre - DS Jessica 9-10am		
Lunch Cycle - SS April 12:15-1pm	Have A Ball - A April 10:30-11:30am	Lunch Cycle - SS April 12:15-1pm	Have A Ball - SA April 10:30-11:30am	Insanity - SA Heidi 9:30-10am	JUNE 2017 CLASS KEY: A=Auditorium G=Gymnasium SS=Y Cycle Studio DS=Dance Studio SA= Studio A O = Octagon F=Field BP=Big Pool Classes highlighted are new/ a change to the schedule. The schedule is subject to change . Check www.wsymca.org for latest updates. Children 10 years and older are welcome to come to class with instructor's permission to ensure it is safe. A guardian must be present for those 10 and 11 years old. 12 and older may partake on their own. Participants must be in attendance for the warm up in order to safely take the class.	
Vinyasa Yoga - SA Kathryn 1-2pm	Gentle Yoga Christie SA 3:30-4:30pm	Zumba - A Kim K. 6:30–7:30pm	Zumba - SA Mackenzie 5:45-6:45pm	Y Cycle – SS April 9:30-10:30am		
	Bootcamp A/F Donna 5:30-6:30 pm					
OCTAGON Basics– O Nick 4-5pm	PiYo - SA Heidi 6-7pm	Pilates - SA Kathryn 6:30-7:30pm	HIIT–A/F Kate 5:45-6:45pm	Gentle Stretch– SA Heidi 10-10:30am		
Yogalates - SA Kathryn 6-7pm	Y Cycle - SS Clarence 6:30-7:15pm	Y-Cycle – SS Missy 6:30-7:15pm	Beginner Yoga –D Diann 6-7:30pm	Pilates - SA Jessica 10:30-11:30 am		
TRX -DS Barbara 6-7pm						
Y Cycle - SS 6:30-7:15 pm Missy	Total Body Tone - A Rosella 7-8pm	Tae Kwon Do –A Teresa 7:45pm (90 min)	Total Body Tone-A Rosella 7-8pm	Lunch Cycle - SS Clarence 12:15-1pm		
Zumba – A Michelle 7:30-8:30pm						

Class Descriptions	Cardio	Core	Tone	Strength	Flexibility	Balance	Relax
Barre - This class is a total body workout that uses a ballet barre to perform small isometric movements to focus toning your butt, legs and core.		✓	✓	✓	✓	✓	
BollyX – A Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world.	✓				✓		
Bootcamp/HIIT - Take your game to the next level! This advanced , multi-functional class incorporates cardiovascular conditioning with calisthenics, and muscular strength conditioning. HIIT is more intense and always outside - RAIN OR SHINE!	✓	✓	✓	✓	✓	✓	
Core and More - This class focuses on core work and stretching to strengthen and increase flexibility.		✓	✓	✓	✓	✓	
Hatha Yoga - Use the physical postures of yoga to develop strength, flexibility and balance (Please bring your own mat). Gentle yoga is a beginner version of Hatha.		✓	✓	✓	✓	✓	✓
Have a Ball - Advanced class using a stability ball to develop your core and learn a variety of stability training exercises.		✓	✓	✓		✓	
Insanity - An extreme workout with intense intervals of cardio and body weight training (tailored for any level).	✓	✓	✓	✓			
INTERVALS - This class consists of time intervals varying in cardio, body weight and strength exercises.	✓	✓	✓	✓			
Keeping Fit - This low-impact class is designed for 55+	✓	✓	✓	✓	✓	✓	
Muscle Conditioning - Learn the proper form for different weight lifting and toning techniques More muscle =advanced.		✓	✓	✓	✓	✓	
Octagon Basics - Introductory fitness class on our multi-purpose fitness rig in the fitness center.		✓	✓	✓			
Pilates - Work your muscles deep to your core to strengthen your entire body. This class is based on the trainings of the Pilates Method Alliance. PIYO designed to build strength and increase flexibility. Pilates + Yoga		✓	✓	✓	✓	✓	✓
Power Yoga - Challenge yourself and build muscular strength and improve circulation through a series of postural moves. (Please bring your own mat).		✓	✓	✓	✓	✓	✓
Step & Sculpt - Increase fitness while creatively using a bench platform mixed with weight intervals.		✓	✓	✓		✓	
Swimnastics - Aerobics in the pool!	✓	✓	✓	✓		✓	
TABATA - Perform four minute intervals of intense training exercises (one exercise for 20 seconds with a 10 second rest repeated 8 times).	✓	✓	✓	✓		✓	
Tae Kwon Do - Learn this traditional martial art that fosters mental balance, physical strength and flexibility.	✓	✓	✓	✓	✓	✓	
Total Body Tone – This class uses dumbbells and body weight exercises to strengthen, tighten and tone your entire body.	✓	✓	✓	✓			
TRX - leverages gravity and your bodyweight to perform exercises. You're in control of how much you want to challenge yourself on each exercise.	✓	✓	✓	✓	✓	✓	
Vinyasa Yoga – A flow yoga where the poses run together and become like a dance. (Please bring your own mat).		✓	✓		✓	✓	✓
Yogalates - Combination of yoga and Pilates.	✓		✓				✓
Yoga Sculpt -Total body workout set to music designed to tone every muscle group. (BYOM)	✓	✓	✓	✓	✓		
Y Cycle - indoor cycling workout.	✓	✓		✓			
ZUMBA - Dance through your workout in this high-energy class based on popular Latino dance moves. Zumba Tone class adds a toning component in addition to the regular class.	✓	✓	✓ (Zumba Tone)	✓ (Zumba Tone)			