



Kroehler Fall Group Exercise Class Schedule

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Effective September 5th

MONDAY			
Time	Class / Format	Loc	Inst
5:30 - 6:15 am	Indoor Cycle	CY	CY Jodi
8:30 - 9:30 am	Zumba®	C	GYM Alisha
8:30 - 9:30 am	Step and Strengthen	CS	ST Kathy
9:35 - 10:35 am	Yoga	MB	ST Anu
9:35 - 10:35 am	SilverSneakers®	AOA	GYM Kim M.
9:45-10:30 am	<i>New!</i> Indoor Cycle	C	CY Kathy
10:00 - 11:00am	Deep Water Aerobics	WE	LP Jenna
10:45 - 11:45 am	<i>New!</i> Extreme Strength	CS	GYM Dona
6:00 - 7:00pm	<i>New!</i> Bodypump®	ST	ST Dona
7:05- 7:50 pm	Small Group PT	\$\$	Dona

TUESDAY			
Time	Class / Format	Loc	Inst
5:30 - 6:30 am	Indoor Cycle	CY	CY Lisa
7:45-8:30 am	<i>New!</i> HIIT	CS	ST Siri
8:30-9:30 am	Full Body Conditioning	CS	ST Siri
8:30 - 9:30 am	Indoor Cycle/Strength	CY	CY Lisa
8:30 - 9:30 am	Dance Fusion	CS	GYM Gina
8:30-9:30 am	Shallow Water Aerobics	WE	LP Tia
9:35 - 10:35 am	<i>New!</i> Yoga Strength	MB	ST Becky
9:35 - 10:35 am	<i>New!</i> Aqua Zumba	WE	LP Joelle
6:30 - 7:30 pm	<i>New!</i> Yoga Strength	MB	ST Becky
7:05 - 8:05pm	Extreme Strength	CS	GYM Brad

WEDNESDAY			
Time	Class / Format	Loc	Inst
5:30 - 6:30 am	Fit Fusion	CS	ST Lisa
8:30 - 9:15 am	Indoor Cycle	C	CY Jodi
8:30 - 9:30 am	Zumba®	C	GYM Alisha
8:30 - 9:30 am	Yoga	MB	ST Anu
9:35 - 10:35 am	Bodypump®	ST	ST Sherry
9:35 - 10:35 am	SilverSneakers®	AOA	GYM Becky
10:00 - 11:00am	Deep Water Aerobics	WE	LP Jenna
10:45-11:30 am	<i>New!</i> Tai Chi	\$\$	ST Sherry
6:00 - 7:00pm	<i>New!</i> Zumba	ST	ST Joelle
7:05 - 8:05 pm	Vinyasa Flow Yoga	MB	ST Neelam

THURSDAY			
Time	Class / Format	Loc	Inst
5:30 - 6:00 am	Indoor Cycle Express	CY	CY Lisa
6:00 - 6:30 am	Core Express	ST	CY Lisa
8:30 - 9:30 am	Dance Fusion	CS	GYM Gina
8:30 - 9:30 am	Full Body Conditioning	CS	ST Siri
8:30-9:30 am	Shallow Water Aerobics	WE	LP Tia
9:35 - 10:05 am	Indoor Cycle Express	CS	CY Siri
10:05 - 10:35 am	Strength Express	ST	CY Siri
9:35 - 10:35 am	Yolates	MB	ST Kathy
9:35 - 10:35 am	Silver Splash	AOA	LP Tia
6:00 - 7:00 pm	Fun Fit Family	GYM	Becky
7:05 - 8:05pm	Extreme Strength	CS	GYM Brad

FRIDAY			
Time	Class / Format	Loc	Inst
8:30 - 9:30 am	Fit Fusion	CS	ST Siri
8:45 - 9:30 am	<i>New!</i> Tai Chi	\$\$	GYM Kathy
9:45 - 10:30 am	<i>New!</i> Indoor Cycle	CY	CY Jodi
9:35 - 10:35 am	SilverSneakers®	AOA	GYM Becky
10:00 - 11:00am	Deep Water Aerobics	WE	LP Jenna

SATURDAY			
Time	Class / Format	Loc	Inst
8:00 - 9:00 am	Yoga	MB	ST Becky
9:00 - 9:45 am	Indoor Cycle	CY	CY Rotation
9:15-10:15 am	Zumba®	C	ST Isabel
10:00-11:00 am	Extreme Strength	CS	GYM Dona
11:05-11:50 am	Small Group PT	\$\$	Dona



SUNDAY			
Time	Class / Format	Loc	Inst
10:00-11:00 am	Zumba®	C	ST Isabel
11:05-12:05 pm	Bodypump®	CS	ST Dona

LEGEND	
Rotation=	Different instructor rotating schedule (instructor name listed online)
ST =	Studio upstairs
GYM =	Basketball Gym
CY =	cycle studio
C =	Cardio Classes
ST =	Strength and Toning Classes
MB =	Mind/Body Classes
CS =	Cardio/Strength Combination Classes
CY =	Cycling Classes
👤 =	Family Friendly Classes
AOA =	Active older adult
\$\$	paid class Extra Cost/Sign up at Front desk

AGE RESTRICTIONS	
Must be 16 and over to attend Bodypump® classes	
Children ages 8-12 are welcome to attend "Family Friendly" classes with a parent or guardian. Parent or guardian must be prepared to assist child when necessary.	
Teens over 13 can participate in all group exercise classes without a parent or guardian	
Children under the age of 8 are never allowed in the studio when class is in session.	

- * Instructors subject to change without notice.
- * Classes with low attendance may be subject to cancellation
- * See back for class descriptions

CLASS DESCRIPTIONS/FORMATS

C=Cardio Classes

Indoor Cycle Express	Instructors will lead you through an exhilarating ride designed to improve overall fitness while increasing performance with focus on endurance, strength, interval and all-terrain training. Express classes are a 30 minute version of our regular cycle class. This class is suitable for all fitness levels and no experience is necessary.
Indoor Cycle	Instructors will lead you through an exhilarating ride designed to improve overall fitness while increasing performance with focus on endurance, strength, interval and all-terrain training. This class is suitable for all fitness levels and no experience is necessary.
Zumba®	Be prepared to move to hypnotic Latin and international rhythms. You'll enjoy this awe-inspiring, muscle-pumping, caloric-burning blast as you lose yourself and find yourself in shape. This class is suitable for all fitness levels and no experience is necessary.
Dance Fusion	Dance your way through a great cardio workout enjoying different styles of dance, and some strength exercises with various equipment included. Recommended for all fitness levels.

CS=Cardio/Strength Combination Classes

Extreme Strength	Ready to master the next level in strength training, classes advance and challenge you to ensure your muscles never adapt, and you continue to make strides in strength. This class is suitable for the intermediate to advanced participant. *This class is the most popular class at the Kroehler Family Y! Stop by and find out why!
Step and Strength	Step out of the box with this interval routine incorporating step and muscle conditioning designed to increase your overall strength and endurance. This class is suitable for all fitness levels and no experience is necessary.
Full Body Conditioning	Formally known as Body Blast. Get it all when you join us for this spectacular blend of cardio and strength training. Class will consist of a full body muscle workout along with cardio intervals and finish with core work and stretching. All fitness levels welcome!
Fit Fusion	Combine high intensity cardio intervals with some low intensity metabolism building strength exercises followed by some ab work and stretching and you get a total workout that leaves you feeling energized and accomplished! All fitness levels welcome!
Indoor Cycle/Strength	All the benefits of Indoor Cycle Express, and Strength Express rolled into one great workout. This unique format is designed to burn more fat, sculpt strong lean muscles and improve performance. This class is suitable for all fitness levels and no experience is necessary.

ST=Strength and Toning Classes

BODYPUMP™	BODYPUMP®, the original barbell class, will sculpt, tone and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using the proven BODYPUMP® formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. This is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift & curl.
Strength Express	This simple, easy to follow strength workout challenges every major muscle group using a variety of equipment. Increase your lean body mass while reducing your body fat in this full body workout in less time. This class is suitable for all fitness levels. Members must be 16+ to participate.
Core Express	The Core is your foundation and the point at which all movement begins. Sculpt and strengthen your midsection through a series of focused movement techniques as you improve your body's overall functional strength, balance and coordination. This is a 30 minute class, suitable for all fitness levels and no experience is necessary.
Full Body Strength	Challenge your muscles using hand-held weights and bands in this total-body muscle conditioning class. This simple, easy-to-follow strength workout challenges every major muscle using a variety of equipment. Increase your lean body mass while reducing your body fat in this full body workout. Suitable for all fitness levels and no experience is necessary.
Core Strength	Challenge yourself with a workout focusing on all of the core muscles. Build your strength, and your confidence in this class! Recommended for all fitness levels.

MB=Mind/Body Classes

Flow Yoga	Link your breath with movement in this flow yoga class that will build strength, increase flexibility, and promote well-being. Basic yoga knowledge helpful but not required.
Yoga	Yoga is known for its endless health benefits, including increased flexibility, increased muscle strength and tone, improved respiration, energy and vitality, the maintenance of a balanced metabolism, weight reduction, cardio and circulatory health, improved athletic performance, protection from injury, added to any fitness routine Yoga will improve overall performance. This class suitable for all fitness levels and no experience necessary.
Vinyasa Flow Yoga	"Breath-synchronized movement" Train the body to increase physical endurance by flowing smoothly through dance like poses that increase strength and endurance. This class is for the intermediate to advanced participant.
Tai Chi \$\$	Moving Meditation (Strengthening of mental focus) Improve balance, agility, strength and coordination while flowing through the soft and hard movements of this ancient form of martial arts. This class is suitable for all fitness levels and no experience is necessary; \$\$ Class has an extra cost, make sure to sign up at the front desk.

WE= Water Aerobic Classes

Deep Water	This class is great for anyone who is comfortable in deep water and wants a no-impact class. Work aerobically while toning core muscles as you stabilize your body position in water.
Shallow Water	This class is a combination of shallow and deep water exercises. The workout will vary from low to high cardio along with a variety of water strength exercises to increase joint and muscle strength, tone the upper and lower body, workout also includes flexibility. Non-swimmers welcome.
Aqua Zumba	The Aqua Zumba program integrates the Zumba philosophy with traditional aquatic fitness. Participants will perform dance moves to a variety of rhythms for a full body aerobic workout.
SilverSplash®	A low impact, high energy challenge for participants of all ages, skill, and fitness levels. Jump in and make a splash with this water workout.

AOA and Special Programs

Fun Fit Family	You and your family will have a great time working out together with 60 minutes of games and activities, all designed to get the heart pumping; the kids won't even know they are exercising. Meet in the gym and remember to wear your sneakers!
Small Group PT \$\$	Small group training classes are limited to 4-8 people. We focus on personalized guidance, weight training & functional exercises. This is one of the hottest and fastest growing trends in the fitness industry. Small Group Training is an effective, affordable, fun way to reach your fitness goals. Join a group today by contacting gblmont@ymcachicago.org
SilverSneakers® Yoga	Silver Sneakers Yoga will move your whole body through a complete series of seated and standing poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class suitable for all fitness levels.
SilverSneakers® Classic	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing and a ball are used. A chair is available if needed for seated or standing support. Suitable for all fitness levels and no experience is necessary.

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* Teens over 13 can participate in all group exercise classes without a parent or guardian. Must be 16+ for Bodypump® classes.

* Children under the age of 8 years old are never permitted in the studio during class. No exceptions.

Schedules are available on-line @ kroehlerfamilyymca.org