



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kroehler GROUP EXERCISE SCHEDULE

Winter 2018*

Effective 1/18/2018

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	Total Body Conditioning	CS	ST	Siri
9:35 - 10:35 am	Yoga	MB	ST	Anu
9:35 - 10:35 am	SilverSneakers®	AOA	GYM	Kim M.
9:35 - 10:20 am	Indoor Cycle	C	CY	Siri
10:00 - 11:00am	Deep Water Aerobics	WE	LP	Jenna
6:25-6:55 pm	NEW! Abs Express	ST	ST	Dona
7:00-8:00 pm	NEW!! Zumba®	C	ST	Deepti

TUESDAY				
TIME	CLASS/FORMAT	LOC	INST	
5:30 - 6:30 am	Indoor Cycle	CY	CY	Lisa
7:30- 8:30 am	Full Body Conditioning	CS	ST	Siri
8:30 - 9:15am	HIIT	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	Yoga Strength	MB	ST	Becky
9:35 - 10:35 am	Aqua Zumba	WE	LP	Joelle
6:30 - 7:30 pm	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
8:30-9:15 am	\$ Deep Water Cadence Run... \$\$	LP		Sherry
8:30 - 9:30 am	Zumba®	C	GYM	Alisha
8:30 - 9:30 am	Yoga	MB	ST	Becky
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
6:00 - 7:00pm	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
9:35 - 10:35 am	Yolates	MB	ST	Neelam
9:35 - 10:35 am	Silver Splash	AOA	LP	Tia
10:05 10:35 am	Strength Express	ST	CY	Siri
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	NEW! Tai Chi - FREE	GYM		Sherry
9:35 - 10:35 am	SilverSneakers®	AOA	GYM	Becky
9:45 - 10:30 am	Indoor Cycle	CY	CY	Jodi
10:00 - 11:00am	Deep Water Aerobics	WE	LP	Jenna

SATURDAY				
TIME	CLASS/FORMAT	LOC	INST	
8:00 - 8:55 am	Yoga	MB	ST	Becky
9:30 - 10:30 am	NEW! Cycle Strength	CY	CY	Jodi
9:40-10:40 am	Zumba®	C	ST	Isabel



SUNDAY				
TIME	CLASS/FORMAT	LOC	INST	
10:00-11:00 am	Zumba®	C	ST	Isabel
11:05-12:05 pm	Bodypump®	CS	ST	Dona
12:30-1:15 pm	NEW Yoga	MB	ST	Becky

AGE RESTRICTION
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.

LOCATION LEGEND		
Gym = Gym	ST = Studio	CY- Cycling
Class Misc Information		
Instructors subject to change without notice		
*Classes must meet a minimum required attendance to run from session to session and are subject to cancellation with 1 week notice.		

FORMAT LEGEND	
C = Cardio Classes	
ST = Strength and Toning Classes	
MB = Mind/Body Classes	
CS = Cardio/Strength Combination Classes	
CY = Cycling Classes	
AOA= Active Older Adults	

Kroehler Family YMCA, 34 S. Washington St. Naperville, IL 60564
 Schedule available on-line@ kroehlerfamilyymca.org
www.ymcachicago.org/kroehler

Class Descriptions

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.
HIIT	(High Intensity Interval Training) Ignite the after burn effect to help your body keep burning calories. Give your max for up to 1 minute intervals during this class, and you can burn calories and up to 9 times more fat for up to 24 hours AFTER your workout is over! This class is for the intermediate to advanced participant.
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.
Cardio Kickbox	This high energy class utilizes practical self-defense techniques combined with high and low impact moves to improve cardiovascular endurance. Jab, kick and jump your way through a great workout while burning away calories and stress! This class is suitable for all fitness levels and no experience is necessary.
Fun Fit Family	You and your family will have a great time working out together with games and activities all designed to get the heart pumping. The kids won't even know they're exercising.

CS=Cardio/Strength Combination Classes

Cardio-Strength	A high-energy cardio and toning class that offers approximately 30 minutes of choreographed cardio followed by approximately 30 minutes of toning, core work, ending with stretching. This class is suitable for all fitness levels and no experience is necessary.
Power Hour	Challenge your entire body with a full range of resistance and cardio exercises using a variety of equipment. All fitness levels welcome!
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. All levels welcome.
Step and Strengthen	Add weights to your traditional step class in this format which choreographs moves to great music. 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 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 and no experience is necessary.
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.
Hatha 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.
YOLATES	Fusion of Yoga and Pilates, delivering the ultimate results of integrative fitness. This combo class builds strength and endurance as well as improves balance and flexibility. This class is suitable for all fitness levels and no experience is necessary.
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.

Special Programs

Active8 Boot Camp	
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.