SAGE YMCA
Group Exercise Schedule

NOVEMBER 1, 2026 – JANUARY 31, 2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:15am **INSTRUCTOR CHOICE** Studio 1 I Rotates	5:30-6:15am **TABATA** Studio 1 Sara	5:30-6:15am **RIDE & RESIST** Studio 3 Lindsay	5:30-6am **CORE & MORE** Studio 1 Sara	5:30-6:15am **BOOTCAMP** Studio 1 Sara		
	8-9am **BODYBALANCE** Studio 2 Pam	8-8:45am **INSTRUCTOR CHOICE** Studio 1 I Chris	8-9am **BODYBALANCE** Studio 2 Pam	8-9am **ATTACK & CORE** Studio 1 Marianne	7:15-8:15am **CROSSTRAIN** Gym Lindsay	7:15-8am **BODYCOMBAT** Studio 1 Yuka
8-8:45am **LOW IMPACT** Studio 2 Rae	8:15-9am **TBC** Studio 1 Chris	8-9am **GENTLE YOGA** Studio 2 Chloe	8:15-9am **LM CORE** Studio 1 Chris	8-9am **DEEP STRETCH** Studio 2 Penny	8-8:45am **STRENGTH LITE** Studio 2 Sara	8:15-9:15am **BODYPUMP HEAVY** Studio 1 I Pam
8:15-9:15am **BODYPUMP** Studio 1 Marianne	8:45-9:30am **CYCLE & CORE** Studio 3 Yuka	9-10am **BODYPUMP** Studio 1 Chris		9-9:45am **CYCLE** Studio 3 Becky	8:30-9am **BODYCOMBAT** Studio 1 Jessica	8:15-9:15am **RIDE & RESIST** Studio 3 Lindsay
9-9:45am **DEEP STRETCH** Studio 2 Donna	9:15-10:15am **KICKBOX/COMBAT** Studio 1 Steph V I Marianne	9:15-10am **BARRE** Studio 2 Chloe	9:15-10am **TBC** Studio 1 Steph V	9:15-10:00am **LM THRIVE & MORE** Studio 1 I Chris	8:30-9:15am **LM RPM/CYCLE** Studio 3 Becky	8:30-9:15am **MAT PILATES** Studio 2 Yuka
9:30-10:30am **BUILD & BURN** Studio 1 Chris	9:15-10:15am **YOGA** Studio 2 Cat	9:15-10am **CYCLE** Studio 3 Steph V	9:15-10:15am **VINYASA FLOW** Studio 2 Cat	9:15-10:15am **CHAIR PILATES** Studio 2 Yuka	9-10am **VINYASA FLOW** Studio 2 Donna	9:30-10:15am **TNT** Studio 1 Lindsay
10-11am **ALL LEVEL YOGA** Studio 2 Donna	10:30-11:15am **YOGALATES** Studio 2 Cat	10:15-11am **LM CORE** Studio 1 Pam	10:15-10:45am **BARRE** Studio 1 Steph V	10:15-11:00am **TBC LITE** Studio 1 Heidi	9:15-10:15am **BODYPUMP** Studio 1 Jessica	9:30-10:45pm **RESTORATIVE YOGA** Studio 2 I Cat
10:45-11:30am **TBC LITE** Studio 1 Heidi	10:30-11:30am **ZUMBA GOLD** Studio 1 Rae	11:15am-12:15pm **LM THRIVE** Studio 1 Pam	10:30-11:15am **STRENGTH FOUNDATIONS** Studio 2 I Rae	10:45-11:45am **ALL LEVEL YOGA** Studio 2 Donna	9:30-10:30am **ZUMBA** Gym Rae	10:30-11:30am **ZUMBA** Studio 1 Jackie
11:15am-12:15pm **CHAIR YOGA** Studio 2 Donna	11:30am-12:30pm **CHAIR STRENGTH** Studio 2 I Yuka	11:15am-12:15pm **CHAIR YOGA** Studio 2 Donna	11:25am-12:25pm **CHAIR STRENGTH & STABILITY** Studio 2 I Rae	12-1pm **CARDIO DRUMMING** Studio 2 I Rae	10:30-11:30am **BODYBALANCE** Studio 2 Marianne I Pam	
	4:30-5:15pm **BARRE** Studio 1 Steph/Lindsay	4:30-5:15pm **TNT** Studio 1 Lindsay	4:30-5:30pm **BODYPUMP HEAVY** Studio 1 I Marianne			YELLOW HIGHLIGHT =
5-5:45pm **BIKE & BOX** Studio 3 Lindsay	5:30-6:15pm **BOOTCAMP** Studio 1 Lindsay	4:45-5:45pm **PILATES w/PROPS** Studio 2 Rae	5-5:45pm **PEDAL & PRESS** Studio 3 Sara			TIME CHANGE, NEW FORMAT, INSTRUCTOR STUDIO CHANGE
5-5:45pm **TBC** Studio 1 Rand	5:30-6:15pm **LM RPM/CYCLE** Studio 3 Becky	5:30-6:15pm **BUILT & BURN** Studio 1 Sara		5:45-6:45pm **BODYPUMP** Studio 1 Yuka		OR CLASS ADDED
6-6:30pm **AB ATTACK** Studio 1 I Sara	5:45-6:45pm **ALL LEVEL YOGA** Studio 2 Donna		5:45-6:45pm **BODYBALANCE** Studio 2 Marianne	5:45-7:00pm **RESTORATIVE YOGA** Studio 2 I Cat	**Online Reservation Required** **sageymca.org** **or**	
6:45-7:45pm **ZUMBA** Studio 1 Jackie	6:30-7:30pm **BODYPUMP** Studio 1 Sarah				**YX app**	

Check our website or app for the most current information on substitutions & cancellations.
For additional information or questions, please contact 815-459-4455.

GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO CLASSES

CARDIO DRUMMING*: A dynamic cardiovascular workout that combines drumming, rhythm, and music. Participants typically use drumsticks to hit an exercise ball, following the rhythm of the music.
KICKBOXING*:** A form of martial art with multiple combinations of punches & kicks.
LES MILLS (LM) BODYATTACK*:** Choreographed athletic movements combined with strength exercises.
LES MILLS (LM) BODYCOMBAT*:** Non-contact martial arts inspired workout.
TABATA:** HIIT training: 20 seconds of max effort followed by 10 seconds recovery.
ZUMBA*: Movements inspired by various styles of Latin American dance and music.

CYCLE CLASSES

BIKE & BOX:** Cycle drills with bouts of boxing throughout the class.
CYCLE:** Focus on endurance, strength, intervals, high intensity, racing and recovery.
CYCLE & CORE:** Cycle drills followed by core work off the bike.
LES MILLS (LM) RPM*:** Indoor cycling workout with drills focusing on hill climbs, sprints and flat riding.
PEDAL & PRESS:** Upper body strength training mixed with cycle drills for a balanced workout.
RIDE & RESIST:** Full body workout with resistance segments between cycle drills.

STRENGTH/STRENGTH & CARDIO MIXED CLASSES

AB ATTACK:** A combination of exercises to build core strength, improve balance, and boost endurance.
BARRE:** Fusion of Ballet, Yoga, Pilates & light resistance.
BOOTCAMP:** Intermediate-Advanced drills of high intensity cardio, agility & strength exercises.
BUILD & BURN*:** Build muscle. Burn calories. Get stronger! This total-body workout combines strength training with calorie-burning moves to challenge your muscles, boost endurance, and keep you moving.
CORE & MORE:** Train your abs, back, pelvic floor & minor core muscles including lats, traps & glutes.
CROSSTRAIN:** Multiple disciplines of fitness with use of kettlebells, medicine balls, gliders & more.
INSTRUCTOR CHOICE*:** Every week is different! Crosstrain, Circuit, Bootcamp, Pump, Core, HIIT, Kettlebell, Thrive, and more are all formats you may see, depending on the INSTTRUCTORS CHOICE.
LES MILLS (LM) BODYPUMP*:** Full body barbell & weight workout focused on high reps, low weight.
LES MILLS (LM) BODYPUMP HEAVY*:** Strength-focused, 55-minute workout that trades high-repetition endurance for slower, controlled, and heavier lifting. Tempo-based training, larger recovery periods, and super-sets to maximize muscle growth and strength, while still using music-driven, group-fitness energy.
LES MILLS (LM) CORE*:** Build strength, stability & endurance in the muscles that support your core.
TIGHTEN & TONE (TNT):** Mix of cardio & strength training.
TOTAL BODY CONDITIONING (TBC):** Cardio, strength, core, balance & intervals with various equipment.

MIND/BODY CLASSES (LOW IMPACT)

ALL LEVEL YOGA:** Asanas introduced & deepened through an instructor's guidance.
CHAIR PILATES*:** Pilates based class using a chair for assistance.
CHAIR YOGA*:** Yoga practice using a chair to assist poses.
DEEP STRETCH:** Long, static stretches to lengthen & move through full range of motion.
LES MILLS (LM) BODYBALANCE*:** A yoga-based class with elements of Tai Chi and Pilates.
RESTORITIVE YOGA*: Mix of mindfulness meditation, breathing & relaxation exercises.
VINYASA FLOW*:** Advanced yoga where poses are linked with the breath in a flowing sequence.
YOGA:** Balance of mind & body through exercise, meditation, & control of breathing.

PILATES CLASSES (LOW IMPACT)

MAT PILATES*: Strengthening & lengthening exercises that focus on the core muscles.
PILATES WITH PROPS:** Pilates incorporating a modern approach with various props & equipment.
YOGALATES:** Pilates exercises with the postures and breathing techniques of yoga.

LOW IMPACT CLASSES

CHAIR STRENGTH*:** Strength training using a chair for assistance.
CHAIR STRENGTH & STABILITY*:** Strength training fused with stabilization using a chair for assistance.
LES MILLS (LM) THRIVE*:** Strength to enhance functional stability and walking ability, in conjunction with core strength and flexibility training. All fitness levels including pre/post-surgery and post-therapy.
LOW IMPACT:** Full body workout without impact. Focus on cardio, strength, balance & flexibility.
STRENGTH FOUNDATIONS:** Functional strength training principles & technique incorporated into class.
STRENGTH LITE*:** Strength training using various equipment
TOTAL BODY CONDITIOING (TBC) LITE:** Cardio, strength, core, balance & intervals without impact.
ZUMBA GOLD*:** A modified Zumba class that recreates the original moves you love at a lower intensity.

*** = 8-11 years old youth appropriate with parent**
**** = 12-15 years old youth appropriate after attending a fitness orientation**
***** = 16+ years old appropriate**

Small Group Training

SAGE YMCA Paid Programming

NOVEMBER-DECEMBER 2026

HOLIDAY SPECIAL!

2-MONTHS UNLIMITED CLASSES FOR ONLY $99

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:30-9am **PROGRESSIVE STRENGTH CIRCUIT** Fitness Center Kim			**9:30-10am** **LEGS & CORE** Weight Room Kaitlin	**7:30-8:30am** **AQUA CIRCUIT** Family Pool Marianne	
9-9:30am **HOURGLASS ABS & GLUTES** Fitness Center Kim	**10:15-11am** **PARKINSON'S CYCLE** Studio 3 Becky	**10:30-11am** **ONE MORE REP** **ADVANCE WEIGHT TRAINING** Weight Room Steph	**9-10am** **BOXING** Gym Court 1 Spartan MMA **FREE to all members 12 & up for Nov. & Dec.**	**11:15-12:15pm** **LES MILLS BODYPUMP HEAVY** Studio 1 Marianne	**8:30-9am** **WOMAN & WEIGHTS** Fitness Center Amanda	**9:45-10:15am** **HOLIDAY HUSTLE** Weight Room Sam
		11:15-12:15pm **MMA STRIKING** Gym Court 1 Spartan MMA	**11-12pm** **LES MILLS SHAPES** Studio 1 Pam	**12:30-1pm** **PROGRESSIVE STRENGTH CIRCUIT** Fitness Center Ben		**11-11:30am** **PELVIC FLOOR HEALTH** Studio 2 Cat
5-5:50pm **MMA STRIKING** Studio 2 Spartan MMA			**4:30-5pm** **HOLIDAY HUSTLE** Weight Room Alyssa		Register 24 hours in advance to avoid class cancellation.	
6-6:50pm **BOXING** Studio 2 Spartan MMA		**6-6:50pm** **BOXING** Studio 2 Spartan MMA			All classes without registered participants 24 hours in advance will be cancelled. Register through the YX app.	
		7-7:50pm **MMA STRIKING** Studio 2 Spartan MMA		**SAGE CLOSED Thanksgiving & Christmas Day**		

Small Group Training Package Fees:

2-hour package $40 | Unlimited monthly package $69

50% off each additional family member

(Family members must be on same membership & live in same household)

Registration required for all Small Group Classes. Small Group Package required to register.
Register through the Yx app or front desk Community Concierge.

SMALL GROUP TRAINING DESCRIPTIONS

CLASSES INCLUDED WITH PACKAGE

Paid package and Registration required

AQUA CIRCUIT: Structured water exercise stations that target different muscle groups.

BOXING W/SPARTAN MMA: Learn boxing fundamentals with Spartan Mixed Martial Arts at Sage YMCA, including stance, footwork, and proper punching mechanics. Build confidence through mitt and shield drills, progressing to combinations and defensive skills.

CHAIR FITNESS: Focus on maintaining healthy bone, muscle and joints with strength, posture, and flexibility exercises and education.

HOURGLASS ABS & GLUTES: Strength focusing on the core & glutes, to enhance overall performance and daily function.

HOLIDAY HUSTLE: Combine your cardio & strength during the busy holidays and get the most out of the little time for yourself.

LES MILLS BODYPUMP HEAVY: Strength-focused, 55-minute workout that trades high-repetition endurance for slower, controlled, and heavier lifting. It features tempo-based training, larger recovery periods, and super-sets to maximize muscle growth and strength, while still using music-driven, group-fitness energy.

LES MILLS SHAPES: Elements of Pilates, barre, & power yoga. It is designed to sculpt & strengthen the entire body through small, controlled movements and repetitions.

LEGS & CORE: Build strength, increase power, and challenge your leg & core muscles.

MMA STRIKING W/SPARTAN MMA: Explore punches, knees, and elbows through guided practice with Spartan Mixed Martial Arts at Sage YMCA. Start with basic movements, then develop fluid combinations and more advanced drills using mitts and shields.

ONE MORE REP ADVANCED: Weight training with cables, free weights & machines. Weight training experience required.

PARKINSON'S CYCLE: Cycle class designed for adults with Parkinson's Disease.

PELVIC FLOOR HEALTH: Build core strength, stability & pelvic floor awareness. Combo of functional exercises, breath & mind-body techniques to improve pelvic control, posture and overall core health.

PROGRESSIVE STRENGTH CIRCUIT: Strength circuit performed each week gradually increasing the demands placed on the muscle to enhance strength, endurance, and overall fitness.

WOMAN & WEIGHTS: Focus on properly activating muscles for the best results. Proper form and execution during weight training along with education for women weight training.

Small Group Training Package Fees: (members only)

2-hour package $40

Unlimited monthly package $69

No automatic monthly draft, only register for the months you want to train!

50% off each additional family member

(Family members must be on same membership & live in same household

- **Small Group Package required for registration.**
- **Registered participants without a package will be charged a drop-in fee of $25.00.**
- **Packages may be used for any of the above classes and can be purchased in 2-hour increments or UNLIMITED monthly classes for only $69.00/month.**

Schedule subject to change at any time.
For additional information or questions, please contact svedder@ymcachicago.org or visit **sageymca.org**