



the power of **PLAY**

# LAKE VIEW YMCA Group Exercise Schedule

## November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9-9:45am <b>Freestyle Spin</b> Cycling Studio Manda	6:15-6:45am <b>LES MILLS SPRINT</b> Cycling Studio Kim	8:30-9:15am <b>Body Pump</b> Aerobics Studio Juanita	9:15-10:15am <b>ACTIVE OLDER ADULTS</b> Core Room Glenda	8-8:45am <b>YOGA BASICS</b> Aerobic Studio Mary	9-9:30am <b>LES MILLS SPRINT</b> Core Room Kim	9-9:30am <b>LES MILLS SPRINT</b> Core Studio Kim
10-10:45am <b>FULL BODY CONDITIONING</b> Aerobic Studio Manda	9-9:45am <b>PILATES SCULPT</b> Aerobic Studio Mary	9-9:45am <b>TREAD &amp; TRAIN</b> North Fitness Center Manda	10-10:45am <b>FULL BODY CONDITIONING</b> Aerobic Studio Manda	9-9:45am <b>FULL BODY CONDITIONING</b> Aerobic Studio Manda	9-9:45am <b>PILATES SCULPT</b> Aerobic Studio Mary	
6-7pm <b>ZUMBA</b> Aerobic Studio Lauren	9:15-10:15am <b>ACTIVE OLDER ADULTS</b> Core Room Glenda	6-7pm <b>ZUMBA</b> Aerobic Studio Lauren	10:30-11:30am <b>WATER FITNESS</b> Pool Glenda	9:15am-10:15am <b>WATER FITNESS</b> Pool Glenda	10-10:45am <b>Body Pump</b> Aerobic Studio Sharon	
	10:30-11:30am <b>WATER FITNESS</b> Pool Glenda	6:30-7:15pm <b>RHYTHM RIDE</b> Cycling Studio Lizzie	5:30-6:15pm* <b>Small Muscle Group Training</b> Core Studio Bertrand			

**Check our website or app for the most current information on  
substitutions & cancellations.**

[lakeviewymca.org](http://lakeviewymca.org)

## GROUP EXERCISE CLASS DESCRIPTIONS

**ACTIVE OLDER ADULTS:** Maintain health and functionality with a program designed specifically for the needs of those young at heart.

**BODYPUMP:** is a weights class for absolutely everyone. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns many calories.

**CORE:** Utilize athletic training principles to build strength, stability, and endurance in the muscles that support your core.

**FULL BODY CONDITIONING:** A full body workout that targets all major muscle groups.

**LES MILLS SPRINT:** A 30 minute High-Intensity Interval Training (HIIT) class on an indoor bike that uses short bursts of all-out energy to push your limits, increase your heart rate and burn more calories.

**PILATES SCULPT** A workout focusing on core stability, mobility and breath.

**RHYTHM RIDE:** A 45 minute cycle class with a focus on movements, music and pedaling to the beat. Designed to help increase endurance and strength.

**SMALL GROUP TRAINING:** Small Group Training is an affordable class designed for a small group of family or friends of 4-6 people that is personalized to everybody's goals. \*\*Registration is required. If there is an alternate time you would like to schedule small group training, please feel free to reach out to [lvfitness@ymcachicago.org](mailto:lvfitness@ymcachicago.org) for available days and times.

**TABATA EVOLUTION:** A series of timed HIIT exercises designed to help increase endurance and strength.

**TREAD & TRAIN:** 20 minutes on a treadmill training with 30 minutes of resistance training.

**WATER FITNESS:** Low impact class designed to improve flexibility, range of motion, strength and cardio while using resistance of water.

**YOGA BASICS:** A widely practiced form of yoga, using body postures, breathing techniques and meditation.

**ZUMBA:** Bring a dance party to your fitness routine with the calorie burning workout to Latin and World Rhythms.

\*Small Muscle Group Training on Thursdays will begin on November 9<sup>th</sup>.

For additional information or questions,  
please contact [lvfitness@ymcachicago.org](mailto:lvfitness@ymcachicago.org) or visit  
[lakeviewymca.org](http://lakeviewymca.org)

