



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Class

January - March 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 - 10:45 a.m. Full Body Conditioning AS - Manda	6:15-6:45 a.m. Les Mills Sprint CS-Kim	7- 7:45 a.m. Rhythm Ride CS- Lizzie	9:15 -10:15a.m. Active Older Adults CR - Glenda	8 - 8:45 a.m. Yoga Basics AS - Mary	9-9:30 a.m. Les Mills Sprint CR-Kim	
6:00 - 7:00p.m. Zumba AS - Lauren	9:00 - 9:45 a.m. Pilates Sculpt AS - Mary	9 - 9:45 a.m. Tread & Train NFC - Manda	10:00- 10:45a.m. Full Body Conditioning AS - Manda	9:00 - 9:45 a.m. Full Body Conditioning AS - Manda	9:00-9:45 a.m. Pilates Sculpt AS - Mary	9:00-9:30 a.m. Sprint CS- Audrey
	9:15 - 10:15 a.m. Active Older Adults CR - Glenda	6:00 -7:00 p.m. Zumba AS - Lauren	10:30 - 11:30 a.m. Water Fitness Pool - Glenda		10:00 - 11:00 a.m. HIIT AS - Myrna	9:45-10:45 a.m. Body Pump AS- Audrey
	10:30 -11:30 a.m. Water Fitness Pool - Glenda		6-6:45 p.m. Tabatha Evolution AS- Bertrand			11-11:30 a.m. Core CR- Audrey
	6:00 - 7:00 p.m. Body Pump AS - Audrey					

Y Kids Zone hours (6wks-8yrs old)

Monday-Thursday:

4-7:30 p.m.

Monday-Sunday:

8:30 a.m.- 12 noon

AS - Aerobic Studio

NFC - North Fitness Center

CR - Core Room

CS - Cycling Studio



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Class Descriptions

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 for available days and times.

Active Older Adults - Maintain health and functionality with a program designed specifically for the needs of those young at heart

Full Body Conditioning - A full body workout that targets all major muscle groups

Yoga Basics - A widely practiced form of yoga, using body postures, breathing techniques and meditation

Pilates - A workout focusing on core stability, mobility and breath

Tread and 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

Zumba - Bring a dance party to your fitness routine with the calorie burning workout to Latin and World Rhythms

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.

Core- Utilize athletic training principles to build strength, stability, and endurance in the muscles that support your core.

Tabata Evolution- A series of timed HIIT exercises designed to help increase endurance and strength

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.