



the power of **PLAY**

SAGE YMCA Gymnasium Schedule

MAY 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym	All other times not listed below	All other times not listed below	All other times not listed below	All other times not listed below	All other times not listed below	All other times not listed below	All other times not listed below
Adult Open Pick-Up Games & Rental	Pickleball 7:30-9:30am Entire Gym	Pickleball 8-9:30am Entire Gym	Pickleball 8-9:30am Entire Gym		Pickleball 7-9:30am Entire Gym	Basketball Ages 16+ 10:30-12pm Entire Gym	Basketball Ages 16+ 8:30-11am Entire Gym
	Gym Rental 12:30-1:30pm Court #2	Gym Rental 10:30-11:30am Court #1		Gym Rental 10:30-11:30am Court #1	Pickleball 9:30-10:15am Court #1		
	Pickleball 7-8pm Court 2						Pickleball 11-1pm Entire Gym
Fitness Classes	Rock Steady Boxing \$\$ 9:30-11:30am Court #1		Rock Steady Boxing \$\$ 9:30-11:15am Court #1	Body Combat 8:45-10am Court #1	Rock Steady Boxing \$\$ 10:15-12:15pm Court #1	Cross Training 7:00-8:30am Entire Gym	
			Kickboxing on Heavy Bags \$\$ 11:15-12:30pm Court #1		TRX Class \$\$ 11:30-12:00pm Court #2	Zumba 9:15-10:30am Court #1	
Pre School	Preschool 9:30-11:00am Court #2	Preschool 9:30-11:00am Court #2	Preschool 9:30-11:00am Court #2	Preschool 9:00-11:00am Court #2	Preschool 9:30-11:00am Court #2	\$\$=Paid class	
	Preschool 3:00-4:30pm Court #2	Preschool 3:00-4:30pm Court #2	Preschool 3:00-4:30pm Court #2	Preschool 3:00-4:30pm Court #2	Preschool 3:00-4:30pm Court #2		

Schedule subject to change - sageymca.org

For additional information or questions, please contact us at 815-459-4455.



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Additional Sage YMCA Gymnasium Rules

General Rules

- Proper attire, including shirts, is required at all times. All changing must be done in designated locker rooms.
- Chairs are prohibited in the gymnasium except during a class or program with a YMCA Instructor
- Please do not hang anything on the Pickleball nets
- Interaction with children is prohibited during YMCA licensed programming (Preschool and/or Camp)
- Please do not disturb or disrupt any group exercise classes
- Please report any temperature and/or basket height issues to the front desk
- Please do not prop open the exterior doors as this creates both security and/or HVAC issues
- Open Gym does not equate to “Member Choice”. Please speak with the Sports Director, Membership Staff or Executive Director for specific inquiries and/or clarification
- There is no “First Come – First Served” policy or protocol
- Food, drinks, and gum are not allowed in the gym. Only plastic bottles are allowed. Glass bottles are prohibited

Basketball Players

- Please do not enter the gymnasium prior to posted scheduled times
- Please no dunking and/or hanging on rims or nets
- Please do not bounce basketballs in the hallways
- Full court games are not allowed if others are waiting
- The outdoor court is available during non-camp hours

Pickleball Players

- Please adhere to the posted schedule times
- Please vacate the court if anyone is waiting to use the court after the posted scheduled times

ALL SCHEDULED ACTIVITIES ARE SUBJECT TO CHANGE DURING CHILDREN’S PROGRAMMING, EVENTS OR DUE TO UNFORSEEN CIRCUMSTANCES INCLUDING ANY WEATHER-RELATED ISSUES.



SAGE YMCA Group Exercise Schedule

February 1-May 31, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:15am INSTRUCTOR CHOICE Studio 1 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 STEP & LM CORE Studio 1 Chris		7:15-8:15am CROSSTRAIN Gym Lindsay	7:15-8am BODYCOMBAT Studio 1 Yuka
8-8:45am LOW IMPACT Studio 2 Rae	8-9am BODYBALANCE Studio 2 Pam	8-8:45am INSTRUCTOR CHOICE Studio 1 Chris	8-9am BODYBALANCE Studio 2 Pam	8-9am ATTACK & CORE Studio 1 Marianne	8-8:45am STRENGTH LITE Studio 2 Sara	8:15-9:15am BODYPUMP Studio 1 Pam
8:15-9:15am BODYPUMP Studio 1 Marianne	8:15-9am TBC Studio 1 Chris	8-9am GENTLE YOGA Studio 2 Chloe	9-10am BODYCOMBAT Gym Yuka	8-9am DEEP STRETCH Studio 2 Penny	8:30-9:00am HIIT MIX Studio 1 Rand	8:15-9:15am RIDE & RESIST Studio 3 Lindsay
9-9:45am DEEP STRETCH Studio 2 Donna	8:45-9:30am CYCLE & CORE Studio 3 Yuka	9-10am BODYPUMP Studio 1 Chris	9:15-10am TBC Studio 1 Steph V		8:30-9:15am LM RPM/CYCLE Studio 3 Becky	8:30-9:15am MAT PILATES Studio 2 Yuka
9:30-10:30am STEP & BANDS Studio 1 Chris	9:15-10:15am KICKBOX/COMBAT Studio 1 Steph V Marianne	9:15-10am CYCLE Studio 3 Steph V	9:15-10:15am YOGA Studio 2 Cat	9:15-10:00am LM THRIVE & MORE Studio 1 Chris	9-10am VINYASA FLOW Studio 2 Donna	9:30-10:15am TNT Studio 1 Lindsay
10-11am ALL LEVEL YOGA Studio 2 Donna	9:15-10:15am YOGA Studio 2 Cat	10:15-11am LM CORE Studio 1 Pam	10:15-10:45am BARRE Studio 1 Steph V	9:15-10:15am CHAIR PILATES Studio 2 Yuka	9:15-10:15am BODYPUMP Studio 1 Jessica	9:30-10:45pm RESTORATIVE YOGA Studio 2 Cat
10:45-11:30am TBC LITE Studio 1 Heidi	10:30-11:15am YOGALATES Studio 2 Cat	11:15am-12:15pm LM THRIVE Studio 1 Pam	10:30-11:15am STRENGTH FOUNDATIONS Studio 2 Rae	10:15-11:00am TBC LITE Studio 1 Heidi	9:30-10:30am ZUMBA Gym Rae	10:30-11:30am ZUMBA Studio 1 Sabrina
11:15am-12:15pm CHAIR YOGA Studio 2 Donna	10:30-11:30am ZUMBA GOLD Studio 1 Rae	11:15am-12:15pm CHAIR YOGA Studio 2 Donna	11:25am-12:25pm CHAIR STRENGTH & STABILITY Studio 2 Rae	10:45-11:45am ALL LEVEL YOGA Studio 2 Donna	10:30-11:30am BODYBALANCE Studio 2 Rotates	
	11:30am-12:30pm CHAIR STRENGTH Studio 2 Yuka		4:30-5:15pm LM THRIVE Studio 1 Marianne	12-1pm CARDIO DRUMMING Studio 1 Rae		
4:30-5:30pm BODYBALANCE Studio 2 Eric	4:30-5:15pm BARRE Studio 1 Steph V	4:30-5:15pm TNT Studio 1 Lindsay	5:15-6pm RIDE & RESIST Studio 3 Sara			Yellow Highlight = TIME CHANGE,
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	5:30-6:15pm BARBELL FUSION Studio 1 Lindsay			NEW FORMAT, INSTRUCTOR CHANGE, STUDIO CHANGE
5-5:45pm TBC Studio 1 Rand	5:45-6:45pm ALL LEVEL YOGA Studio 2 Donna	5:30-6:15pm CARDIO POWER Studio 1 Sara	5:30-6:30pm BODYBALANCE Studio 2 Marianne	5:45-6:45pm BODYPUMP Studio 1 Yuka		OR CLASS ADDED
6-6:45pm CORE & MORE Studio 2 Rand	6-6:45pm LM RPM/CYCLE Studio 3 Becky		6:30-7:15pm BODYCOMBAT Studio 1 Jessica	5:45-7:00pm RESTORATIVE YOGA Studio 2 Cat		
	6:30-7:30pm BODYPUMP Studio 1 Sarah		6:45-7:30pm HYBRID PILATES Studio 2 Abbe/Lindsay		Online Reservation Required sageymca.org	

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 POWER**:** High-energy mix of cardio moves with a sprinkle of strength training.
- 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.
- RIDE & RESIST**:** Full body workout with resistance segments between cycle drills.

STRENGTH/STRENGTH & CARDIO MIXED CLASSES

- BARBELL FUSION***:** Fusion of strength training with heavy use of the barbell & shots of cardio.
- BARRE*:** Fusion of Ballet, Yoga, Pilates & light resistance.
- BOOTCAMP**:** Intermediate-Advanced drills of high intensity cardio, agility & strength exercises.
- 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.
- HIIT MIX**:** Intervals of several rounds of high intensity and low intensity. Mix of cardio & strength.
- 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 INSTRUCTORS CHOICE.
- LES MILLS (LM) BODYPUMP***:** Full body barbell & weight workout focused on high reps, low weight.
- LES MILLS (LM) CORE***:** Build strength, stability & endurance in the muscles that support your core.
- STEP & BANDS***:** Step with high intensity power moves at a faster pace with advanced choreography, mixed with resistance work using various types of resistant bands.
- STEP & LES MILLS CORE***:** Step choreography on a bench platform followed by Les Mills 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)

- HYBRID PILATES*:** Traditional Pilates with fitness disciplines such as yoga, strength, dance, and cardio.
- 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 CONDITIONING (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