



SAGE YMCA Group Exercise Schedule

September 1-October 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 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	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	8-9am STEP & 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 Pam
8:15-9:15am BODYPUMP Studio 1 Marianne	8:45-9:30am CYCLE & CORE Studio 3 Yuka	9-10am BODYPUMP Studio 1 Chris	9-10am BODYCOMBAT Gym Yuka		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	9:15-10:15am KICKBOX/COMBAT Studio 1 Steph V 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 Chris	8:30-9:15am LM RPM/CYCLE Studio 3 Becky	8:30-9:15am MAT PILATES Studio 2 Yuka
9:30-10:30am POWER STEP 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 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 Rae	10:45-11:45am ALL LEVEL YOGA Studio 2 Donna	9:30-10:30am ZUMBA Gym Rae	
11:15am-12:15pm CHAIR YOGA Studio 2 Donna	11:30am-12:30pm CHAIR STRENGTH Studio 2 Yuka	11:15am-12:15pm CHAIR YOGA Studio 2 Donna	11:25am-12:25pm CHAIR STRENGTH & STABILITY Studio 2 Rae	12-1pm CARDIO DRUMMING Studio 2 Rae	10:30-11:30am BODYBALANCE Studio 2 Rotates	
4:30-5:30pm BODYBALANCE Studio 2 Eric	4:30-5:15pm BARRE Studio 1 Lindsay	4:30-5:15pm TNT Studio 1 Lindsay	4:30-5:30pm BODYPUMP HEAVY Studio 1 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 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 Cat	Online Reservation Required sageymca.org or	
	6:30-7:30pm BODYPUMP Studio 1 Sarah				YX app 	

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.

POWER STEP***: Step with high intensity power moves at a faster pace with advanced choreography.

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.

HIIT MIX**: Intervals of high intensity and low intensity. Mix or cardio, core & 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) 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.

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.

RESTORATIVE 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 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



Small Group Training

SAGE YMCA Paid Programming

OCTOBER 2026

UNLIMITED CLASSES FOR ONLY \$69 A MONTH!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:30-9am PROGRESSIVE STRENGTH CIRCUIT Fitness Center Kim	7:15-7:45am CHAIR FITNESS Studio 2 Kim		9:30-10am WOMAN & WEIGHTS Weight Room Sam	7:30-8:30am AQUA CIRCUIT Family Pool Marianne	
	10:15-11am PARKINSON'S CYCLE Studio 3 Becky	10:30-11am ONE MORE REP ADVANCE WEIGHT TRAINING Weight Room Steph		10-11am GLUTE STRENGTH + HIP MOBILITY Weight Room Kaitlin	8:30-9am BOOTCAMP Fitness Center Amanda	9:45-10:15am LIFT & LOAD Weight Room Sam
11:45-12:15pm CORE POWER Studio 1 Kim		11:15-12:15pm DEFENSE FITNESS Gym Court 1 Eric	11-12pm LES MILLS BODYPUMP HEAVY Studio 1 Pam NO CLASS 10/1	12:30-1pm PROGRESSIVE STRENGTH CIRCUIT Fitness Center Ben	11:45-12:45pm LES MILLS SHAPES Studio 1 Pam 10/17 & 10/24 ONLY	11-11:30am PELVIC FLOOR HEALTH Studio 2 Cat
6-6:50pm BOXING Studio 2 Spartan MMA FREE to all members 12 & up for October		6-6:50pm BOXING Studio 2 Spartan MMA FREE to all members 12 & up for October			Register 24 hours in advance to avoid class cancellation. All classes without registered participants 24 hours in advance will be cancelled. Register through the YX app.	
6:30-7pm PICKLEBALL TECHNIQUE/ PRACTICE Gym 2 Eli	5:30-6:30pm HEAVY BAG KICKBOXING Multi-Purpose Eric					
7-7:50pm MMA STRIKING Studio 2 Spartan MMA FREE to all members 12 & up for October		7-7:50pm MMA STRIKING Studio 2 Spartan MMA FREE to all members 12 & up for October		HALLOWEEN AT SAGE 10/30/26 5-7pm		

Small Group Training Package Fees:

2-hour package \$40

Unlimited monthly package \$69 members

- ❖ Small Group Package required for registration in the above classes.
- ❖ 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.

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.

CORE POWER: Core Power is packed with challenging core exercises. Come ready to work hard, have fun, and leave feeling the power!

DEFENSE FITNESS: A basic self-defense class is designed to equip individuals with the fundamental knowledge, skills, and mindset necessary to protect themselves in potentially dangerous situations.

GLUTE STRENGTH + HIP MOBILITY: Build stronger glutes, then restore movement. Activate & strengthen the glutes & hips with various equipment, then settle into body weight mobility focused on improving ROM in the hips, legs, ankles & lower back.

HEAVY BAG KICKBOXING: Build strength, sharpen focus and unleash your power. Boxing rounds, strength & core. Bag gloves required for participation. Suggested gloves: (available on amazon) Rival RB60C compact Gloves or Everlast core 2 training gloves.

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.

LIFT & LOAD: Build strength, increase power, and challenge your muscles in this weight room-based workout. Load it up and get stronger with every session.

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.

PICKLEBALL TECHNIQUE/PRACTICE: Learn the fundamentals of pickleball, including basic rules, scoring, stroke technique, court positioning, and game strategy. Practice your skills through guided drills and recreational play with support from a pickleball enthusiast. Bring your own paddle or borrow one at the front desk.

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:

2-hour package \$40

Unlimited monthly package \$69 members

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

Schedule subject to change at any time.

For additional information or questions, please contact svedder@ymcachicago.org or visit sageymca.org

