



WEST GARFIELD YMCA Fitness Schedule

September 6, 2026 – October 24, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-9:45am Full Body Fitness Wellness Studio Davontay	*9-9:45am Chair Aerobics Wellness Studio Regina	9-9:45am Full Body Fitness Wellness Studio Davontay	*9-9:45am Chair Aerobics Wellness Studio Regina	9-9:45am SILVER SNEAKERS Wellness Studio Patrick
10-10:45am SILVER SNEAKERS Wellness Studio Patrick	10-10:45am Power Walk Track Davontay	10-10:45am SILVER SNEAKERS Wellness Studio Patrick	10-10:45am Power Walk Track Davontay	*10-10:45am Chair Aerobics Wellness Studio Regina
11-11:45am Power Cycle Wellness Studio Patrick		11-11:45am Power Cycle Wellness Studio Pat		
5-5:45pm Power Cycle Wellness Studio Davontay	5:30-6:30pm Yoga Flow Wellness Studio Jasmin	5:30-6:30pm Power Cycle Wellness Studio Davontay	5:30-6:30pm Yoga Flow Wellness Studio Jasmin	
6:30-7:15pm Bunz & Gunz HIIT Gym Davontay	*6:30-7:15pm Chicago Steppin' Community Studio Ruby	*6:30-7:15pm Line Dancing Community Studio Matracy	*6:30-7:15pm Chicago Steppin' Community Studio Ruby	

Yoga Flow- Improve flexibility, mobility, balance, and mental wellness through guided movement and mindful breathing. This class combines gentle stretching, yoga poses, and relaxation techniques to reduce stress, improve posture, and enhance overall well-being. Perfect for beginners and experienced participants alike.

Power Cycle- An energetic indoor cycling class designed to improve cardiovascular endurance, build lower-body strength, and increase stamina. Participants ride through a variety of intervals, hills, sprints, and endurance segments while controlling resistance to match their individual fitness level.

Silver Sneakers- A welcoming class designed for active older adults focused on improving strength, balance, flexibility, and functional movement. Using light resistance, chairs, and bodyweight exercises, participants build confidence while enhancing their ability to perform everyday activities safely and independently.

Full Body Fitness- A total-body workout combining strength training, cardiovascular conditioning, and functional movement. Participants use dumbbells, resistance bands, kettlebells, and bodyweight exercises to improve overall fitness in a motivating group environment.

Power Walk- A guided walking class that incorporates changes in pace, inclines (when available), and walking intervals to improve cardiovascular fitness and endurance. Participants enjoy a supportive atmosphere while building healthy movement habits at their own pace.

Schedule is subject to change. Check facebook.com/westgarfieldparkymca for updates.
For additional information or questions, please contact 773-309-8859.

Chair Aerobics- A fun, low-impact class that combines seated and optional standing movements to improve cardiovascular health, muscular endurance, flexibility, and coordination. Ideal for beginners, older adults, and anyone seeking a joint-friendly workout.

Line Dancing- Move to a variety of popular music while learning easy-to-follow choreographed dance routines. This upbeat class promotes cardiovascular health, coordination, rhythm, and social connection in a welcoming and enjoyable environment.

Chicago Steppin'- Celebrate Chicago's signature dance style while improving coordination, rhythm, balance, and cardiovascular health. Participants learn foundational Steppin' patterns and partner movements in a fun, engaging, and community-focused atmosphere. No partner is required.

- 4-week duration
- Location subject to change
- *Classes to begin on October 4th