



the power of **PLAY**

# BUEHLER YMCA Group Exercise Schedule

## January 2024

Revised 1/17/2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7-8am <b>CARDIO STEP</b> Studio 2, Joan		8-8:45am <b>CYCLE</b> Cycle Studio Terry	8-8:50am <b>MAT PILATES</b> Studio 2, Jean	7-8am <b>CARDIO STEP</b> Studio 2, Joan	7:30-8:30am <b>BALANCE &amp; FLEX</b> Studio 2, Terry	9-9:55am <b>BALANCE &amp; FLEX</b> Studio 2, Terry
8-8:55am <b>FULL BODY CONDITIONING</b> Studio 1, Kara	8-8:55am <b>FULL BODY CONDITIONING</b> Studio 2, Jane	8-8:45am <b>ARTHRITIS WATER FITNESS</b> Family Pool Becky	8-8:45am <b>WERQ</b> Studio 1, Lisa	9-10am <b>TRX SUSPENSION TRAINING \$</b> Gym 1, Laura	8:30-9:30am <b>BEGINNER PILATES REFORMER \$</b> Pilates Studio, Jean	10:05-11:05am <b>BODY PUMP</b> Studio 2, Suzanne
8-8:45am <b>CYCLE</b> Cycle Studio, Terry	9:15-10:15am <b>CYCLE</b> Cycle Studio, Terri <b>Class resumes 1/16/24</b>	8:00-8:55am <b>Tone &amp; Tighten</b> Studio 2, Jane	9-9:55am <b>CARDIO STEP</b> Studio 1, Joan	9-9:55am <b>BALANCE &amp; FLEX</b> Studio 2, Terry	9-10:15am <b>TOTAL BODY+</b> Studio 2, Agnes	
8-8:45am <b>ARTHRITIS WATER FITNESS</b> Family Pool, Francine	9-9:55am <b>CARDIO STEP</b> Studio 2, Joan	8:30-9:30am <b>TRX SUSPENSION TRAINING \$</b> Gym 1, Laura	9-9:55am <b>FULL BODY CONDITIONING</b> Studio 2, Agnes	9:15-10:15am <b>WERQ</b> Studio 1, Lisa	9:30-10:30am <b>INTERMEDIATE PILATES REFORMER \$</b> Pilates Studio, Jean	
9-9:55am <b>CARDIO STEP</b> Studio 1, Joan	9-10am <b>SMALL GROUP TRAINING \$</b> PT Room, Mary	9-9:55am <b>BALANCE &amp; FLEX</b> Studio 2, Terry	9:15-10am <b>AQUA HIIT</b> Lap Pool, Marcia	10:05-11:05am <b>FULL BODY CONDITIONING</b> Studio 2, Agnes	10:30-11:30am <b>ZUMBA GOLD</b> Studio 2, Nori	
9-9:55am <b>BALANCE &amp; FLEX</b> Studio 2, Terry	9:15-10am <b>AQUA HYDROTONE</b> Lap Pool Marcia	9:15-10:15am <b>WERQ</b> Studio 1, Lisa	9:30-10:30am <b>INTERMEDIATE PILATES REFORMER \$</b> Pilates Studio, Jean	10:30-11:30am <b>FUNCTIONAL FITNESS</b> Gym 3, Lisa		
9:30-10:30am <b>INTERMEDIATE PILATES REFORMER \$</b> Pilates Studio, Jean	10:05-11:05am <b>BODY PUMP</b> Studio 2, Suzanne	10:05-11:05am <b>FULL BODY CONDITIONING</b> Studio 2, Agnes	10:05-11:05am <b>BODY PUMP</b> Studio 2, Suzanne			
10:05-11:05am <b>BODY COMBAT</b> Studio 2, Suzanne	10:30-11:30am <b>SILVER SNEAKERS</b> Gym 3, Judy	10:30-11:30am <b>FUNCTIONAL FITNESS</b> Gym 3, Judy	10:30-11:30am <b>SILVER SNEAKERS</b> Gym 3, Judy			
10:30-11:30am <b>FUNCTIONAL FITNESS</b> Gym 3, Judy	11:35am-12:05pm <b>CHAIR YOGA</b> Gym 3, Judy	10:30-11:30am <b>ZUMBA GOLD</b> Studio 1, Nori	11:35am-12:05pm <b>CHAIR YOGA</b> Gym 3, Judy			
10:30-11:30am <b>ZUMBA GOLD</b> Studio 1, Nori		4:15-5:15pm <b>BODY PUMP</b> Studio 2, KayAnn				
4:30-5:30pm <b>BODY PUMP</b> Studio 2, KayAnn		5:30-6:30pm <b>BALANCE &amp; FLEX</b> Studio 2, Terry				
5-6pm <b>SMALL GROUP TRAINING \$</b> PT Room, Jarolyn	5:15-6:00pm <b>Cardio &amp; Core</b> Studio 2, Michelle	5:45-6:45pm <b>BOOTCAMP</b> Studio 1, Ying	5:15-6:00pm <b>Cardio &amp; Core</b> Studio 1, Michelle			<b>Check the Y Universal App for up to date class information</b>
5:45-6:45pm <b>YOGA</b> Studio 2, Ying		6:45-7:45pm <b>BODY COMBAT</b> Studio 2, Suzanne	6-7pm <b>Body Pump</b> Studio 2, Katie			<b>Highlighted = new class or new time/location</b>
7-8pm <b>ZUMBA</b> Studio 2, Ying		7-8pm <b>YOGA</b> Studio 1, Ying				

## GROUP EXERCISE CLASS DESCRIPTIONS

### STRENGTH & TONING CLASSES

**LES MILLS BODY PUMP:** This class will sculpt tone and strengthen your entire body! Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. You'll burn fat, gain strength and quickly produce lean body muscle conditioning.

**PILATES REFORMER:** Pilates Reformer provides varying degrees of resistance and stability to promote length, strength, flexibility, and balance. Suitable for all fitness levels, no experience necessary. This is a paid class. See front desk for details. \$\$Premium class requiring additional fee.

**TRX SUSPENSION TRAINING:** This class takes your workout to a whole new level utilizing the TRX suspension system trainer along with additional tools. You will build body strength and cardiovascular endurance while increasing flexibility and challenging your core all at the same time. All fitness levels welcome! \$\$Premium class requiring additional fee.

### CARDIO & STRENGTH CLASSES

**CARDIO & CORE:** Cardio & Core class will give you the best of both worlds, giving you a great cardio workout plus work your important core muscles. The class format is in blocks alternating between cardio blocks and core blocks.

**FULL BODY CONDITIONING:** Get it all when you join us for this spectacular blend of cardio and strength training. Class will consist of a full body strength workout along with cardio intervals and finish with core work and stretching. All fitness levels welcome in this class.

**TOTAL BODY+:** An awesome 75 minutes of exercise that will consist of a 10-minute warm up, an incredible 60 minutes of cardio and strength moves, ending with an important 5-minute cool down/stretch. Intermediate levels or above

**SMALL GROUP TRAINING:** offers the intensity of Personal Training with the camaraderie of a small group of 3-6 people to help keep you motivated. Get the benefits of personal training at a fraction of the cost. This is a paid class. See front desk for details. \$\$Premium class requiring additional fee.

**CARDIO & SCULPT:** Cardio & Sculpt includes a combination of cardio exercises along with muscle strengthening exercises by utilizing hand weights, body weight, and a Step to help sculpt & tone your muscles for a fun, calorie burning workout! Class is suitable for all levels.

**STONE & TIGHTEN:** will transform your body into an entire new fitness level! Challenge your body in this fun class combining cardio and weights to improve overall fitness! All fitness levels welcome!

**KETTLEBELL EXPRESS:** Fast, fun and effective this 30-minute workout will help you Improve your strength, flexibility and cardiovascular endurance. Swing, lunge and squat your way to a more toned body in our Kettlebell Express class

**BOOTCAMP:** A mix of low and high intensity training using a variety of cardio and weighted exercises. This delivers a calorie drenching workout and boosts your metabolism to burn calories after class. All fitness levels welcome in this class.

### CARDIO CLASSES

**CYCLE:** Indoor cycling class geared to improve overall fitness while increasing performance with focus on endurance, strength, interval and all terrain training.

**Les Mills BODYCOMBAT:** A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

**MOSSA CARDIO STEP TOGETHER:** A one-hour, results-driven cardio workout that uses The STEP as its primary training tool. Simple athletic movements, plyometrics, and balance, lateral, and quickness drills are set to exciting energetic music. An adjustable step height enables you to determine the intensity that is just right for you.

**WERQ:** WERQ is the wildly addictive cardio dance workout based on trending pop and hip hop music. The mission is to create a judgement-free dance space built on good vibes, a great sweat, and a supportive community.

**ZUMBA:** Zumba is a fun aerobic fitness class in which dance to different kinds of lively tunes by mixing low and high intensity moves for a fun calorie burning workout!

### MIND & BODY CLASSES

**MOSSA BALANCE & FLEX TOGETHER:** A perfect way to improve balance, mobility, flexibility, and strength. It puts back all that we take out and really centers your energy.

**MAT PILATES:** Pilates continues to be one of the most popular forms of exercise. Use just your body weight to increase core strength, improve overall muscle tone, flexibility, improve posture, and increase lung capacity. This low impact exercise burns calories and sheds fat. All fitness levels

**YOGA:** A great compliment to any fitness routine as it promotes relaxation, increases strength and improves flexibility.

### SENIOR CLASSES

**FUNCTIONAL FITNESS:** Have fun and move to the music through exercises designed to increase muscular strength, range of movement and activities for daily living.

**SILVER SNEAKERS:** Build endurance for daily living through exercises designed to increase range of motion and strength. This class is adaptable to all fitness levels and will use hand weights, resistance tubing, and rubber balls. A chair is used for seated exercises and support.

**CHAIR YOGA:** Is a gentle form of yoga that can be done while sitting in a chair or standing using a chair for support. Chair yoga will improve your flexibility, concentration and strength, while boosting your mood, and reducing stress and joint strain.

**ZUMBA GOLD:** Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance.

### AQUATIC CLASSES

**AQUATIC H.I.I.T.:** incorporates specialized movement to enhance the full use of water's natural resistance and buoyancy. This popular workout offers high-intensity interval training (HIIT) that is low impacts on the joints. These sessions will work core, balance, strength and flexibility. This class takes place in the deep end of our lap pool. Float belts are recommended but not required. They are available for use in the lap pool.

**AQUA HYPOTONE:** This multi-level workout is easy on the joints while providing the benefits of a light-to-mid intensity cardiovascular water workout in the deep end of our lap pool. The class is divided in three sections - focusing on your arms, lower body and finally core. Aqua Tone includes some strength exercises using water weights for a total body workout. Float belts are recommended but not required. Belts are available on the pool deck. For those participants not comfortable in deep water, please let the instructor know so modifications can be made for shallow water.

For additional information or questions, please contact Michelle Hykes, Fitness Director, at [mhykes@ymcachicago.org](mailto:mhykes@ymcachicago.org) or 847-410-5210.