

## October 30 – December 17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-10:15am <b>CARDIO BURN &amp; BUILD</b> Dance Studio Toshi	9:30-10:30am <b>ALL LEVELS YOGA</b> Dance Studio Brenna Start	9:15-10:15am <b>CARDIO BURN &amp; BUILD</b> Dance Studio Toshi	5:45-6:30am <b>BODY PUMP EXPRESS</b> Dance Studio Erica	9:15-10:15am <b>CARDIO BURN &amp; BUILD</b> Dance Studio Toshi	8-8:50am <b>STEP</b> Dance Studio Rose/Toshi	8:30-9:15am <b>CYCLING</b> Cycling Studio Susan
10:30-11:30am <b>SILVER SNEAKERS</b> Large Gym Toshi	11am-12pm <b>CHAIR YOGA</b> Dance Studio Toshi	10:30-11:30am <b>SILVER SNEAKERS</b> Large Gym Toshi	9:15-10:15am <b>ALL LEVELS YOGA</b> Dance Studio Cheryl	10:30-11:30am <b>SILVER SNEAKERS</b> Large Gym Toshi	9:00-10:00am <b>Weekend Warrior</b> Small Gym Cathy (\$\$ Premium) Dates: 11/4-12/16	9:30-10:30am <b>PILATES</b> Dance Studio Rose M
6-7pm <b>ALL LEVELS YOGA</b> Dance Studio Cheryl	5:45-6:45pm <b>Power Hour</b> PT Studio Spencer (\$\$ Premium) Dates: 11/2-12/12	4:30pm-5:30pm <b>ALL LEVELS YOGA</b> Dance Studio Cheryl	5:45-6:45pm <b>Power Hour</b> PT Studio Spencer (\$\$ Premium) Dates: 11/2-12/14		9:05-10:05am <b>VINYASA YOGA</b> Dance Studio Cheryl	10:45-11:45 am <b>BODY PUMP</b> Dance Studio Sharon
6-7pm <b>CYCLING</b> Cycling Studio John D.	6-7pm <b>FAMILY ZUMBA</b> Large Gym Rosa O.	6-7pm <b>CYCLING</b> Cycling Studio John D.	6-7pm <b>BODY PUMP</b> Dance Studio Agnes Ends: 12/7/23		10:15-11am <b>CYCLING</b> Cycling Studio Lisa	
7:15-8:15pm <b>WERQ</b> Dance Studio Anna	6-7pm <b>BODY PUMP</b> Dance Studio Agnes Starts: 12/12/23	7:15-8:15pm <b>WERQ</b> Dance Studio Anna	7-8pm <b>BOXING</b> PT Studio Brian (\$\$ Premium) Dates: 11/2-12/14			
	7:15-8:15pm <b>POWER YOGA</b> Dance Studio Renee		7:15-8:15pm <b>VINYASA YOGA</b> Dance Studio Renee			

Check our website or app for the most current information on substitutions & cancellations. Book a **FREE Wellness Consult** by contacting [irvingparkfitness@ymcachicago.org](mailto:irvingparkfitness@ymcachicago.org)  
[irvingparkymca.org](http://irvingparkymca.org)

## GROUP EXERCISE CLASS DESCRIPTIONS

**ALL LEVELS YOGA:** This class is typically practiced at a slower pace. Class begins with a period of focus on the breath, followed by a gentle warm-up, transitioning through standing, seated, and supine flow sequences, ending with relaxation and/or simple meditation. Students learn proper breathing techniques, biomechanics, and postural alignment. All classes offer options to accommodate new students and challenge continuing students.

**BODYPUMP:** is a weights class for absolutely everyone. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns many calories.

**BODY PUMP EXPRESS:** This 45 minute full-body barbell workout will burn calories, shape and tone your entire body, increase core strength and improve bone health.

**BOXING:** Increase your speed, agility, and strength and be prepared to sweat in this boot camp style interval training boxing class. Hand wraps not required, but highly recommended. You must bring your own gloves. This class is suitable for all fitness levels and no experience is necessary. \$\$Premium class requiring additional fee.

**CARDIO BURN & BUILD:** This complete body workout class presents a fun, effective way to lose fat, tone muscles and improve body awareness and flexibility. A choreo-graphed, easy to follow low impact (high impact optioned) aerobic workout burns calories while resistance work builds core strength and tones muscles. Various types of equipment including weights, bands, and mats are provided.

**CHAIR YOGA:** A gentle class adapting yoga poses with a chair. This class cultivates awareness and deep relaxation through meditation, breath work, and gentle stretch-es all without the stress of getting up and down off the floor.

**FAMILY ZUMBA (AGES 8+):** Be prepared to move to hypnotic Latin and international rhythms. You'll enjoy this awe-inspiring, muscle-pumping, caloric-burning blast as you lose yourself in the music and find yourself in shape. This class is suitable for all fitness levels and no experience is necessary.

**INDOOR CYCLING:** Instructors will lead you through an exhilarating ride designed to improve overall fitness while increasing performance with focus on endurance, strength, interval and all-terrain training. This class is suitable for all fitness levels and no experience is necessary.

**MX4:** a progressive small group training program that incorporates Cardio, Power, Strength, core and Endurance using the Conexus Functional Training System. This type of training provides members with more consistency and better results in only 45 minutes. It also gives you direction, motivation and accountability.

**PILATES:** A form of exercise, which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.

**Power Hour:** Make your minutes count! Mix up your cardio and Strength. This class alternates cardio and strength exercises to build endurance, power and strength.

**POWER YOGA:** A dynamic and fast-paced style of yoga that provides a great full-body workout to enhance strength, flexibility, posture, and mental focus. Poses are done one by one by connecting with the breath, warming the body, and raising heart rate. The body's range of motion will be challenged with both seated and stand-ing postures, twists, backbends, forward folds, and hip openers.

**SILVER SNEAKERS®:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**VINYASA YOGA:** Commonly referred to as "flow" yoga, Vinyasa is a style of yoga characterized by a connected sequence of poses used throughout the class so that you move seamlessly from one pose to the next. Emphasis on linking movement with the flow of breath as you build heat and increase your strength and flexibility over time. Vinyasa classes offer a variety of postures and no two classes are ever alike.

**WEEKEND WARRIOR:** Achieve your fitness goals with this military-inspired workout. Calisthenics and training drills develop strength, stamina and agility. Each class is unique to keep you challenged. We will push to advance your fitness level while encouraging your success along the way. This class is for the intermediate to advanced participant. \*Class is held outside, weather permitting. \$\$Premium class requiring additional fee.

**WERQ:** WERQ is a wildly addictive cardio dance fitness class based on the hottest trending pop and hip hop music. WERQ is for everybody and EVERY body, so bring your good vibes for a zero judgment dance party. We will sweat and have a ton of fun with a great full body workout to the heart-pumping playlist.