



IPY FITNESS CLASS SCHEDULE WINTER 2023 JANUARY 9-MARCH 5

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CYCLING 8:30-9:15AM Susan Cycling Studio				BODY PUMP EXPRESS 5:45-6:30am Erica Dance Studio		STEP 8:00-9:00am Rose/Toshi Dance Studio
PILATES 9:30-10:30am Rose M Dance Studio	CARDIO BURN & BUILD 9:15-10:15am Toshi Small Gym		CARDIO BURN & BUILD 9:15-10:15am Toshi Small Gym	ALL LEVEL YOGA 9:15-10:15am Cheryl Dance Studio	CARDIO BURN & BUILD 9:15-10:15am Toshi Small Gym	WEEKEND WARRIORS BOOT CAMP 9:00-10:00am Cathy PT Studio registration required
	SILVER SNEAKERS 10:30-11:30am Toshi Small Gym	CHAIR YOGA 11:00-12:00pm Toshi Small Gym	SILVER SNEAKERS 10:30-11:30am Toshi Small Gym		SILVER SNEAKERS 10:30-11:30am Toshi Small Gym	ALL LEVEL YOGA 9:00-10:00 Cheryl Dance Studio
		HIIT 5:30-6:30pm Spencer PT Studio registration required	ALL LEVEL YOGA 5:30-6:30pm Cheryl Dance Studio	HIIT 5:30-6:30pm Spencer PT Studio registration required		CYCLING 10:15-11:00am Lisa Cycling Studio
				BODY PUMP 6:00-7:00pm Agnes Dance Studio		BODY PUMP 10:15am-11:15am Juanita Dance Studio
	ALL LEVEL YOGA 6:00-7:00pm Cheryl Dance Studio	ZUMBA 6:00-pm-7:00pm Rosa O Large Gym		BOXING 6:30-7:30pm Brian PT Studio registration required	THE BEST ME IN 2023 MEMBER CHALLENGE <ul style="list-style-type: none"> Grab a "punch" card from the membership team Attend 5 different Fitness Classes Jan 9-Feb 5 Get the card initialed by the instructor Turn in your card to win a prize! 	
	WERQ 7:15-8:15pm Anna Dance Studio	POWER YOGA 7:15-8:15PM Renee Dance Studio	WERQ 7:15-8:15pm Anna Dance Studio	VINYASA YOGA 7:15-8:15PM Renee Dance Studio		

Don't forget to get your hydration tracker for the WAY TO GO H2O CHALLENGE!
You can find them on the info table by the membership desk.



IPY FITNESS CLASS SCHEDULE

WINTER 2023

JANUARY 9-MARCH 5

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.

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 choreographed, easy to follow low impact (high impact optional) aerobic workout burns calories while resistance work builds core strength and tones muscles. Various types of equipment including weights, bands, and mats are provided.

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.

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.

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 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 standing postures, twists, backbends, forward folds, and hip openers.

Chair Yoga: A gentle class adapting yoga poses with a chair. This class cultivates awareness and deep relaxation through meditation, breath work, and gentle stretches all without the stress of getting up and down off the floor.

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.

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

Zumba: 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. **Family-friendly class. Open to ages 9-11 with parent/guardian*

ADDITIONAL FEE CLASSES

Weekend Warrior/BootCamp: 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*

HIIT This high intensity interval training utilizes 8 exercises all done in 4 minute intervals. Tabata™ can be used for weight loss as well as improving overall fitness.

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.

KIDS' ZONE HOURS Free with a FAMILY or PARENT & CHILD memberships		
Monday	4:30-7:15pm	
Tuesday	9:00am-12:30pm	4:30-7:15pm
Wednesday	9:00am-12:30pm	4:30-7:15pm
Thursday	9:00am-12:30pm	4:30-7:15pm
Saturday	7:45am-12:00pm	

IPY wants to help you reach your health and wellness goals. That is why we designed our **FREE** Wellness Consult To schedule your consult please contact the fitness team at irvingparkfitness@ymcachicago.org

SCHEDULES ARE SUBJECT TO CHANGE PLEASE CHECK OUR SOCIAL MEDIA PAGES FOR UPDATES

Irving Park YMCA | 4251 W Irving Park Rd | 773-777-7500 | IrvingParkYMCA.org |  