



the power of **PLAY**

ELMHURST YMCA GROUP EXERCISE SCHEDULE

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:30am CYCLE Cycle Studio Michele		5:30am CYCLE Cycle Studio Michele		
	7am AOA FITNESS Classroom 2 & 3 Helen	7am CHAIR YOGA Classroom 2 & 3 Helen	7am CHAIR YOGA Classroom 2 & 3 Nancy (through 11/15)		7am AOA FITNESS Classroom 2 & 3 Helen	
9am BODYPUMP™ Gym Michele	9am (60 min) BODYCOMBAT™ Gym Amy	9am (60 min) BODYPUMP™ Gym Kile	9am (60 min) COMBAT™ CAMP Gym Catherine	9am DANCE HITS Gym Laura	9am XTREME BODY BLAST Gym Catherine	
	9am (60 min) Power Yoga Classroom 2 & 3 Ronnie	10:15am DANCE HITS Gym Laura	10am (60 min) MOBILITY FLOW Classroom 2 & 3 Ronnie		9:45am BOOT CAMP Gym Catherine	10am (60 Min) BODYCOMBAT™ Gym Catherine
	10am (60 min) MOBILITY FLOW Classroom 2 & 3 Ronnie	6:15pm BODYPUMP™ Classroom 2 & 3 Michele	6pm (60 min) Yoga Classroom 2 & 3 Ronnie	6:30pm ZUMBA Classroom 2 & 3 Sheeba		
	6pm CYCLE Cycle Studio Michele					

***Classes are 45 minutes unless otherwise specified**

**To make a reservation visit elmhurstymca.org
or call the Y at 630.834.9200**



**Check our website or app for the most current information
on substitutions & cancellations.**

GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO CLASSES

BODYCOMBAT™: This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi, and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick, and kata your way through calories to superior cardio fitness.

Dance Hits: A fun-loving, insanely addictive dance workout set to upbeat and fun music. No dance experience is required. Featuring simple but seriously hot dance moves, Dance Hits, is the perfect way to shape up and let out your inner star - even if you are dance challenged. All you need is a playful attitude and a cheeky smile.

Spinning®: is the first and still the best name in indoor cycling. Tailored for all abilities and fitness goals, Spinning® delivers an experience at a self-directed pace. No other indoor cycling bikes offer the feel of a real outdoor bike - or the level of adjustments to fit every rider - quite like Spinning's patented line of Spinner® bikes. And with over a million Spinning® enthusiasts worldwide, you'll be joining a global community that is passionate about getting into the best shape of their lives.

Zumba®/Zumba x2: Be prepared to move to hypnotic Latin and international rhythms. You'll enjoy this awe-inspiring, muscle-pumping, calorie-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. Zumba x2 is double the fun. Thirty minutes of Zumba and thirty minutes of Zumba toning using toning sticks (or light weights), to help sculpt and define specific muscle groups, so you (and your muscles) stay engaged!

CARDIO/STRENGTH CLASSES

COMBAT™ CAMP: Increase your speed, agility, and strength and prepare to sweat in this boot camp style BODYCOMBAT™. This class is divided into 25 minutes of BodyCombat followed by 25 minutes of Boot Camp exercises. Supported by driving music and powerful role model instructors strike, punch, kick, and kata your way through calories to superior cardio fitness.

Xtreme Body Blast: Shift your workout into OverDRIVE. This high-intensity interval training class combines grueling, all-out work with brief recovery periods to provide a total body workout.

STRENGTH CLASSES

BODYPUMP™: BODYPUMP®, the original barbell class, will sculpt, tone, and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using the proven BODYPUMP® formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low-weight loads and high-repetition movements, you'll burn fat, gain strength, and quickly produce lean body muscle conditioning. BODYPUMP® is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups.

MIND BODY CLASSES

Mobility Flow: Mobility refers to the ability of your joints to move freely and pain-free through a natural range of motion. This class uses yoga and mobility exercises to relieve muscular tension, increase your range of motion, build functional strength, and help you stay active throughout life. Participants will be moving between floor and standing exercises throughout class.

Yoga: Yoga is known for its endless health benefits. Consciously linking the movement of the body to the movement of the breath, these classes are a dynamic, flowing practice that leads you through a balanced series of postures to strengthen and build flexibility, promoting physical stamina and a sense of deep inner calm. Add to any fitness routine and Yoga will improve your overall performance.

Power Yoga: Power yoga is an all-levels class featuring a rigorous vinyasa flow combined with held poses to build strength, cardio and flexibility while relaxing the mind and body. The sequence of poses flow from one to the next on breath, and finish with deep, opening postures and rest. Modifications are offered for less intense and more advanced pose options.

AOA CLASSES

AOA Fitness: Have fun and move to the music through a variety of exercises designed to increase muscular strength and range of movement. Getting started and getting more out of your day-to-day activities is the focus. A variety of equipment will be used and modifications will be given.

Chair Yoga: This gentle form of yoga is practiced sitting on a chair or using a chair for support during standing poses. Chair yoga is especially suitable for older adults, people with balance or coordination issues, and those with disabilities. Chair yoga helps increase flexibility, improves balance, and relieves stress. The class incorporates breathing exercises, stretching, yoga postures, and final relaxation.

For additional information or questions,
please call 630-834-9200.

elmhurstymca.org



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