



the power of **PLAY**

# GREATER LAGRANGE YMCA GROUP EXERCISE SCHEDULE

**June 5 – August 5, 2023**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45am <b>BODYPUMP™</b> Studio 2 Kathy	5:45am <b>BOOTCAMP™</b> Studio 2 Catherine	5:45am <b>BODYPUMP™</b> Studio 2 Kathy	5:45am <b>CYCLE</b> Cycle Studio Mandy	5am <b>YOGA</b> Nancy Studio 1	7:45am <b>BODYPUMP™</b> Studio 2 Sandy
					5:45am <b>BODYPUMP™</b> Kathy Studio 2	
8:30am <b>CYCLE</b> Cycle Studio Sandy		8am <b>AOA FITNESS</b> Studio 2 Nancy	8am <b>CHAIR YOGA</b> Studio 2 Meg	7:15am <b>AOA FITNESS</b> Studio 2 Nancy	8am <b>YOGA</b> Studio 2 Meg	
	12pm <b>YOGA</b> Studio 2 Freya	9am <b>BOOTCAMP™</b> Studio 2 Caryn	9am (60 min) <b>YOGA</b> Studio 2 Meg	9am (60 min) <b>BOOTCAMP™</b> Studio 2 Caryn		10am <b>ZUMBA</b> Studio 2 Laima
	5:45pm <b>CYCLE</b> Cycle Studio Sandy	5:45pm <b>ZUMBA</b> Studio 2 Laima		4:45pm <b>PILATES</b> Studio 2 Stacy		
	5:45pm (60 min) <b>BODYPUMP™</b> Studio 2 Vicky	5:45pm <b>BOOTCAMP™</b> Studio 2 Catherine	6pm <b>BODYPUMP™</b> Studio 2 Sandy	5:30pm (60 min) <b>ZUMBA</b> Studio 2 Laima		
	6:50pm <b>CORE™</b> Studio 2 Vicky			6:45pm <b>YOGA</b> Studio 2 Nancy		

To make a reservation visit [greaterlagrangeymca.org](http://greaterlagrangeymca.org)  
or call the Y at 708-352-7600.



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

# GROUP EXERCISE CLASS DESCRIPTIONS

## CARDIO CLASSES

**CYCLE:** Tailored for all abilities and fitness goals, Cycle delivers an experience at a self-directed pace. This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome!

**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.

## CARDIO/STRENGTH CLASSES

**BOOTCAMP™:** A functional, full body workout combining cardio, strength, and sport specific training drills using various pieces of equipment. Challenge yourself with this fast paced, calorie-blasting workout, using the traditional Boot Camp style approach. Boot camp is geared toward all fitness levels. Modifications are always offered!

## 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.

**LES MILLS CORE™:** is a scientific core workout for incredible core tone and sports performance. You build strength, stability, and endurance in the muscles that support your core, improve balance, assist injury prevention and become better at everything you do. All the moves in Les Mills Core have options, so its challenging but achievable whatever your level of fitness. During the workout, trained instructors guide you through correct technique as you work with resistance tubes, weight plates, as well as bodyweight exercises like crunches, and hovers exercises too.

**LES MILLS TONE™:** If you want the optimal mix of strength, cardio and core training this is it. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level. Also a great foundational class, LES MILLS TONE has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.

## MIND BODY CLASSES

**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.

**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, which 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.

**PILATES:** Pilates is a system of exercises using special equipment, designed to improve physical strength, flexibility, posture, and enhance mental awareness. The Pilates class is suitable for all levels.

## 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 708-352-7600.

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