

January - February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6am BODYCOMBAT Studio 1 Jessica	5:30-6:15am BOOTCAMP Studio 1 Sara	5:30-6:15am CYCLE & STRENGTH Studio 3 Lindsay	5:30-6am LM GRIT Studio 1 Jessica	5:30-6:15am TABATA Studio 1 Sara		
6:15-6:45am CORE & MORE Studio 1 Lindsay			6-6:30am SPRINT Studio 3 Audrey		7:15-8:15am CROSSTRAIN Gym Lindsay	7:15-8am BODYCOMBAT Studio 1 Yuka
8-8:45am LOW IMPACT Studio 2 Rae	8-9am BODYBALANCE Studio 2 Pam	8-9am GENTLE YOGA Studio 2 Stephanie	6:45-7:15am LM CORE Studio 1 Audrey	8-9am BODYATTACK & CORE Studio 1 Marianne	8:30-9:15am BODYPUMP Studio 1 Chris	8:15-9:15am BODYPUMP Studio 1 Pam
8:15-9:15am BODYPUMP Studio 1 Marianne	8:15-9am TBC LITE Studio 1 Chris	8-8:45am STEP Studio 1 Chris	8-9am BODYBALANCE Studio 2 Pam	8-9am DEEP STRETCH Studio 2 Penny	9-10am VINYASA FLOW Studio 2 Donna	8:15-9:15am RIDE & RESIST Studio 3 Lindsay
9-9:45am DEEP STRETCH Studio 2 Donna	8:45-9:30am CYCLE & CORE Studio 3 Yuka	9-10am BODYPUMP Studio 1 Chris	9-10am BODYCOMBAT Gym Yuka	9:15-10:15am TABATA & BODYPUMP Studio 1 Chris	9:30-10:30am CARDIO & LM CORE Studio 1 Chris	8:30-9:15am MAT PILATES Studio 2 Yuka
9:30-10:30am STEP & LM CORE Studio 1 Chris	9:15-10:15am KICKBOX/COMBAT Studio 1 Steph V/Marianne	9:15-10am CYCLE Studio 3 Steph V	9:15-10am TBC Studio 1 Steph V	9:15-10:15am CHAIR PILATES Studio 2 Yuka	9:30-10:30am ZUMBA Gym Rae	9:30-10:15am TNT Studio 1 Lindsay
10-11am ALL LEVEL YOGA Studio 2 Donna	9:15-10:15am YOGA Studio 2 Stephanie	10:15-11am LM CORE Studio 1 Pam	9:15-10:15am YOGA Studio 2 Stephanie			
10:45-11:30am TBC LITE Studio 1 Heidi	10:30-11:15am GENTLE STRETCH Studio 2 Stephanie		10:15-10:45am BARRE Studio 1 Steph V	10:30-11:15am TBC LITE Studio 1 Heidi	10:15-11:15am BODYBALANCE Studio 2 Rotates	
11:15am-12:15pm CHAIR YOGA Studio 2 Donna	10:30-11:30am ZUMBA GOLD Studio 1 Rae	11:15am-12:15pm CHAIR YOGA Studio 2 Donna	10:30-11:15am STRENGTH FOUNDATIONS Studio 2 Rae	10:45-11:45am ALL LEVEL YOGA Studio 2 Donna		
4:30-5:30pm BODYBALANCE Studio 2 Eric	11:30am-12:30pm CHAIR STRENGTH Studio 2 Yuka					12:45-1:45pm ZUMBA Studio 1 Jackie
5-5:30pm GRIT CARDIO Studio 1 Alyssa	4:30-5:15pm BARRE Studio 1 Steph V	4:30-5:15pm TNT Studio 1 Lindsay	4:30-5:15pm BODYCOMBAT Studio 1 Jessica			
5-5:45pm BIKE & BOX Studio 3 Lindsay		4:30-5:30pm MAT PILATES Studio 2 Rae	5:15-6pm CYCLE Studio 3 Sara			
5:45-6:30pm ZUMBA Studio 2 Jackie	5:30-6:15pm BOOTCAMP Studio 1 Lindsay	5:30-6:15pm CARDIO COMBO Studio 1 Sara	5:30-6:15pm POWER UP Studio 1 Lindsay	5:45-6:45pm BODYPUMP Studio 1 Yuka		
5:45-6:35pm BODYPUMP Studio 1 Chris	5:45-6:45pm ALL LEVEL YOGA Studio 2 Donna	5:45-6:45pm DANCE FUSION Studio 2 Rae	5:30-6:30pm BODYBALANCE Studio 2 Marianne	5:45-6:45pm RESTORATIVE YOGA Studio 2 Cat		
6:45-7:15pm LM CORE Studio 1 Chris	6:30-7:30pm BODYPUMP Studio 1 Sarah S	6:30-7pm GRIT STRENGTH Studio 1 Jessica			Online Reservation Required sageymca.org	

Check our website or app for the most current information on substitutions & cancellations.
For additional information or questions, please contact 815-459-4455.

GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO CLASSES

LES MILLS (LM) BODYCOMBAT*:** Non-contact martial arts inspired workout.

KICKBOXING*:** A form of martial art with multiple combinations of punches & kicks.

DANCE FUSION*: Mixed dance formats incorporating light weights.

HIIT:** Interval training with several rounds of high intensity followed by low intensity.

TABATA:** HIIT training: 20 seconds of max effort followed by 10 seconds recovery.

ZUMBA*: Movements inspired by various styles of Latin American dance and music.

STEP:** Choreographed moves on a step platform to high energy music.

LES MILLS (LM) BODYATTACK*:** Choreographed athletic movements combined with strength exercises.

CARDIO & LES MILLS (LM) CORE*:** Mixed cardio moves followed by LM Core.

CARDIO & CORE:** Mixed cardio moves incorporating various ab & core exercises.

CARDIO COMBO:** High energy mix of cardio moves.

CYCLE CLASSES

CYCLE:** Focus on endurance, strength, intervals, high intensity, racing and recovery.

BIKE & BOX:** Cycle drills with bouts of boxing throughout the class.

RIDE & RESIST:** Full body workout with resistance segments between cycle drills.

CYCLE & CORE:** Cycle drills followed by core work off the bike.

CYCLE & STRENGTH:** Cycle drills with an emphasis on strength & use of weights.

LES MILLS SPRINT:** 30-minute HIIT indoor ride. Short, intense style of training where the thrill & motivation comes from pushing your physical and mental limits. A high intensity, low impact workout.

STRENGTH/STRENGTH & CARDIO MIXED CLASSES

LES MILLS (LM) BODYPUMP*:** Full body barbell & weight workout focused on high reps, low weight.

LES MILLS (LM) CORE*:** Build strength, stability & endurance in the muscles that support your core.

LES MILLS(LM) GRIT SERIES*:** 30-minutes of high intensity interval training (HIIT)-Strength, Athletic & Cardio Formats.

STEP & STRENGTH:** Traditional step class incorporating weights and other resistance equipment.

TIGHTEN & TONE (TNT):** Mix of cardio & strength training.

BOOTCAMP:** Intermediate-Advanced drills of high intensity cardio, agility & strength exercises.

BARRE*: Fusion of Ballet, Yoga, Pilates & light resistance.

TOTAL BODY CONDITIONING (TBC):** Cardio, strength, core, balance & intervals with various equipment.

TOTAL BODY CONDITIONING (TBC) LITE:** Cardio, strength, core, balance & interval without the impact.

POWER UP*:** Focus is on strength training with heavy use of the barbell & shots of cardio.

CROSSTRAIN:** Multiple disciplines of fitness with use of kettlebells, medicine balls, gliders & more.

CORE & MORE*: Train your abs, back, pelvic floor & minor core muscles including lats, traps & glutes.

MIND/BODY CLASSES

LES MILLS (LM) BODYBALANCE*:** A yoga-based class with a variety of yoga moves, elements of Tai Chi and Pilates.

MAT PILATES*: Strengthening & lengthening exercises that focus on the core muscles.

DEEP STRETCH*: Long, static stretches to lengthen & move through full range of motion.

ALL LEVEL YOGA:** Asanas introduced & deepened through an instructor's guidance.

VINYASA FLOW*:** An advanced form of yoga where poses are linked together with the breath in a flowing sequence.

YOGA*: Balance of mind & body through exercise, meditation, & control of breathing.

CHAIR YOGA*:** Yoga practice using a chair to assist poses.

GENTLE STRETCH*: Series of stretches at a slower pace & less intense positions.

RESTORITIVE YOGA*: Mix of mindfulness meditation, breathing & relaxation exercises.

CHAIR PILATES*:** Pilates based class using a chair for assistance.

LOW IMPACT CLASSES

LOW IMPACT*: Full body workout without the impact. Focus on cardio, strength, balance & flexibility.

STRENGTH FOUNDATIONS:** Functional strength training principles & technique incorporated into class.

TOTAL BODY CONDITIONING (TBC) LITE:** Cardio, strength, core, balance & intervals without the impact.

CHAIR STRENGTH*:** Strength training using a chair for assistance.

ZUMBA GOLD*: A modified Zumba class that recreates the original moves you love at a lower intensity.

* = 8-12 years old youth appropriate with parent

* & ** = 13-15 years old youth appropriate after attending a fitness orientation

* & ** & *** = 16+ years old appropriate

Schedule subject to change at any time.

For additional information or questions,
please contact svedder@ymcachicago.org or visit
sageymca.org