



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP FITNESS CLASS SCHEDULE

## SUMMER 2 SCHEDULE

July 17th–August 20th

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:00—6:25 AM <b>CORE EXPRESS</b> GFS—MONDALE		6:00—6:25 AM <b>CORE EXPRESS</b> GFS—MONDALE	6:00am– 6:55am <b>BODYPUMP™</b> GFS—ALT	
		6:15—7:00 AM <b>INDOOR CYCLE</b> CS—AUDREY		6:15—7:00 AM <b>INDOOR CYCLE</b> CS—AUDREY		
8:45—9:55 AM <b>POWER VINYAS-SA FLOW YOGA (Intermediate)</b> GFS— RENEÉ						8:00—8:55 AM <b>YOGA BASICS</b> GFS—MARY D.
	9:00—9:55 AM <b>NIA</b> GFS—SARA	9:00—9:55 AM <b>ZUMBA®</b> GFS—STACEY	9:00—9:45 AM <b>MOVIN UP</b> GFS—MONDALE		9:00—9:55 AM <b>ZUMBA®</b> GFS—STACIE P	9:00—9:55 AM <b>NIA</b> GFS—SARA
9:00—9:55 AM <b>INDOOR CYCLE</b> CS—AUDREY	9:00—9:45AM <b>INDOOR CYCLE</b> CS—Manda	9:00—9:45AM <b>INDOOR CYCLE</b> CS—CARL	9:00—9:45AM <b>INDOOR CYCLE</b> CS—Manda	9:00—9:55 AM <b>NIA</b> GFS—JAMIE	9:00-9:45M <b>Indoor Cycle</b> CS—MARY D	9:00—9:45 AM <b>INDOOR CYCLE</b> CS—MARY D.
10:00—10:55 AM <b>BODYPUMP™</b> GFS—KATE	10:00—10:55 AM <b>FULL BODY CONDITIONING</b> GFS—Manda	10:00—10:55 AM <b>BODY SCULPTING PILATES</b> GFS— MARY D	10:00—10:55 AM <b>BOXING</b> GFS—KEITH	10:00—10:55 AM <b>FULL BODY CONDITIONING</b> GFS—ALT	10:00—10:55 AM <b>BODY SCULPTING PILATES</b> GFS—MARY D	10:00—10:55 AM <b>BODYPUMP™</b> GFS—AUDREY
11:00—11:55 AM <b>MEDITATION</b> GFS—KEITH		10:30– 11:25 AM <b>AOA - Active Older Adults</b> TC—GLENDA		10:30– 11:25 AM <b>AOA - Active Older Adults</b> TC—GLENDA		
	11:00—12:15 PM <b>VINYASSA FLOW YOGA</b> GFS—SARA	11:00—11:55 AM <b>POWER HOUR</b> GFS—MONDALE	11:00—11:55 AM <b>HATHA YOGA</b> GFS—MARI		11:00—11:55 AM <b>HATHA YOGA</b> GFS—MARI	11:00—11:55 AM <b>ZUMBA®</b> GFS—MARIA
	5:30—6:25 PM <b>NIA</b> GFS—JAMIE					
	6:00—6:55 PM <b>INDOOR CYCLE</b> CS—MARY D	6:00—6:55 PM <b>RUNNING CLUB</b> TM—DANIELLE				
	6:30—7:25 PM <b>FULL BODY CONDITIONING</b> GFS—AUDREY	6:00—6:55 PM <b>BODYPUMP™</b> GFS—AUDREY	6:00—6:55 PM <b>NIA</b> GFS—JAMIE	6:00—6:55 PM <b>BODYPUMP™</b> GFS—KATE		
		7:15—8:15 PM <b>VINYASSA FLOW YOGA</b> GFS—KIMBERLY	7:00—7:55 PM <b>ZUMBA®</b> GFS—LAUREN	7:15—8:15 PM <b>VINYASSA FLOW YOGA (Intermediate)</b> GFS—TIFFENY		

**LAKE VIEW YMCA HOURS**  
MONDAY—FRIDAY: 5 AM—10:30PM  
(POOL CLOSES AT 10:15AM)  
SATURDAY & SUNDAY: 6AM-7PM  
(POOL CLOSES AT 6:45PM)

**Y KIDS ZONE HOURS**  
MON—FRI: 8 AM—12:30PM/4—8PM  
SATURDAY & SUNDAY:  
8:30AM—1:30PM

**LOOK FOR UPCOMING YOGA WORKSHOPS ON SUNDAYS THROUGH SUMMER**

# GROUP FITNESS CLASS DESCRIPTIONS

**AOA Active Older Adults:** Improve your muscular endurance as well as balance and coordination by moving through all planes of motion with multi-joint and compound exercises.

**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 while you squat, press, lift and curl.

**Boot Camp:** Achieve your fitness goals with this military inspired circuit 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.

**Core Express:** The Core is your foundation and the point at which all movement begins. Sculpt and strengthen your midsection through a series of focused movement techniques as you improve your body's overall functional strength, balance and coordination. This is a 30 minute class, suitable for all fitness levels and no experience is necessary.

**Cycle Strength:** All the benefits of Indoor Cycle Express, Strength Express and a little interval training to kick up the cardio. This unique format is designed to burn more fat, sculpt strong lean muscles and improve performance. This class is suitable for all fitness levels and no experience is necessary.

**Full Body Conditioning:** Get it all when you join us for this spectacular blend of cardio and strength training. Class will consist of a full body muscle workout along with cardio intervals and finish with core work and stretching.

**Full Body Strength:** Challenge your muscles in every possible way using hand-held weights and bands in this total-body muscle conditioning class. This simple, easy-to-follow strength workout challenges every major muscle using a variety of equipment. Increase your lean body mass while reducing your body fat in this full body workout. This class is suitable for all fitness levels and no experience is necessary.

**Indoor Cycle:** 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.

**Lower Body Focus:** Focus on the largest muscles in your body, thighs, hamstrings, calves, and glutes to strengthen, sculpt and develop great looking legs, increase your metabolism, burn more calories, increase lean body mass and achieve a more powerful base of support. This class is suitable for all fitness levels and no experience is necessary.

**Movin' Up Modified Fitness:** This class focuses on the individual to restore energy, increase stamina, perform daily tasks and get fit. The exercises will improve range of motion, enhance physical fitness and encourage well-being for those at all fitness levels. We welcome everyone to try this class, especially those needing modified exercises.

**Nia™:** Dynamic blend of dance arts, martial arts, and healing arts, which brings the body, mind and spirit to optimum health through great music, creative movement and self-expression. Nia delivers cardiovascular, muscular and whole body conditioning. This class is suitable for all fitness levels and no experience is necessary.

**Power Hour:** Challenge your entire body with a full range of resistance and cardio exercises using a variety of equipment.

**Power Vinyasa Yoga:** Power Vinyasa Yoga incorporates strength, flexibility, balance, cardio, physical and mental stamina in one session.

**Tread & Train:** Alternate between cardio exercise and targeted body-sculpting moves to challenge your muscles from head to toe and burn more calories. With each body-sculpting and calorie-blasting interval, our instructors ramp up the intensity and the fun to assault your problem areas and transform your entire body. This class is suitable for all fitness levels and no experience is necessary.

**Yoga:** Yoga is known for its endless health benefits including increased flexibility, increased muscle strength and tone, improved respiration, energy and vitality, the maintenance of a balanced metabolism, weight reduction, cardio and circulatory health, improved athletic performance, protection from injury. Added to any fitness routine Yoga will improve overall performance. This class is suitable for all fitness levels and no experience is necessary. **Intermediate** class on Sunday.

**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.

To learn more information, please contact Fitness & Wellness Director, Yvonne Tierney, at [ytierney@ymcachicago.org](mailto:ytierney@ymcachicago.org) or call 773-248-3333